



### National Framework Asian Games

Stage	U18		U21		Senior	
Metric	Outfield	Goal Keeper	Outfield	Goal Keeper	Outfield	Goal Keeper
<b>PHYSICAL FITNESS</b>						
Yo-Yo Intermittent Level 1	16-1		Forward 17-1 Midfielder 17-3 Defender 16-5		Forward 17-3 Midfielder 17-5 Defender 17-1	
6x30m Repeat Sprint Average Time	<31.00s		<30.00s		<29.50s	
<b>FORCE PRODUCTON</b>						
10m Sprint	<2.00s	<2.10s	<1.90s	<2.00s	<1.85s	<1.90s
40m Sprint	<6.10s		<6.00s		<5.90s	
Standing Broad Jump	>190cm	>200cm	>210cm	>220cm	>220cm	>230cm
Back Squat (3 Rep Max)	1.0x BW	1.2x BW	1.30x BW	1.5x BW	1.35x BW	1.75x BW
Bench Press (3 Rep Max)	0.5x BW	0.6x BW	0.6x BW	0.75x BW	0.7x BW	0.9x BW
Pull Ups (Max Reps Bodyweight)	2	3	3	4	4	5

### National Framework Long Term

Stage	U18		U21		Senior	
Metric	Outfield	Goal Keeper	Outfield	Goal Keeper	Outfield	Goal Keeper
<b>PHYSICAL FITNESS</b>						
Yo-Yo Intermittent Level 1	16-5		Forward 17-2 Midfielder 17-5 Defender 17-1		Forward 17-5 Midfielder 17-8 Defender 17-2	
6x30m Repeat Sprint Average Time	<31.00s		<30.00s		<29.00s	
<b>FORCE PRODUCTON</b>						
10m Sprint	<2.00s	<2.00s	<1.90s	<1.90s	<1.80s	<1.80s
40m Sprint	<6.00s		<5.90s		<5.80s	
Standing Broad Jump	>200cm	>220cm	>215cm	>230cm	>230cm	>240cm
Back Squat (3 Rep Max)	1.0x BW	1.25x BW	1.25x BW	1.5x BW	1.5x BW	1.75x BW
Bench Press (3 Rep Max)	0.5x BW	0.6x BW	0.7x BW	0.75x BW	0.9x BW	0.9x BW
Pull Ups (Max Reps Bodyweight)	2	3	4	5	6	7