

Coach's Cheat Sheet: CML & N/m Benchmarks + Prescriptions

1. N/m Thresholds (Winning Matches)

| Position Group | Position | Avg N/m | Low ($\leq 40\%$) | Medium (41–70%) | High (71–100%) |
|----------------|-------------|---------|---------------------|-----------------|----------------|
| Back | Centre | 4.27 | ≤ 1.71 | 1.75–2.99 | 3.03–4.27 |
| Back | Five-Eight | 4.27 | ≤ 1.71 | 1.75–2.99 | 3.03–4.27 |
| Back | Fullback | 3.81 | ≤ 1.52 | 1.56–2.67 | 2.71–3.81 |
| Back | Half | 3.67 | ≤ 1.47 | 1.51–2.57 | 2.61–3.67 |
| Back | Half/Hooker | 3.26 | ≤ 1.3 | 1.34–2.28 | 2.32–3.26 |
| Back | Wing | 3.03 | ≤ 1.21 | 1.24–2.12 | 2.15–3.03 |
| Forward | Hooker | 2.37 | ≤ 0.95 | 0.97–1.66 | 1.68–2.37 |
| Forward | Lock | 3.07 | ≤ 1.23 | 1.26–2.15 | 2.18–3.07 |
| Forward | Prop | 3.84 | ≤ 1.54 | 1.57–2.69 | 2.73–3.84 |
| Forward | Second Row | 4.06 | ≤ 1.63 | 1.67–2.84 | 2.89–4.06 |

2. CML Thresholds (Winning Matches)

| Position Group | Position | Avg CML (N) | Low ($\leq 40\%$) | Medium (41–70%) | High (71–100%) |
|----------------|-------------|-------------|---------------------|-----------------|-----------------|
| Back | Centre | 26742.4 | ≤ 10697.0 | 10964.4–18719.7 | 18987.1–26742.4 |
| Back | Five-Eight | 28132.0 | ≤ 11252.8 | 11534.1–19692.4 | 19973.7–28132.0 |
| Back | Fullback | 23951.6 | ≤ 9580.6 | 9820.2–16766.1 | 17005.7–23951.6 |
| Back | Half | 24766.5 | ≤ 9906.6 | 10154.3–17336.6 | 17584.2–24766.5 |
| Back | Half/Hooker | 14535.0 | ≤ 5814.0 | 5959.3–10174.5 | 10319.8–14535.0 |
| Back | Wing | 18269.1 | ≤ 7307.6 | 7490.3–12788.3 | 12971.0–18269.1 |
| Forward | Hooker | 8015.0 | ≤ 3206.0 | 3286.2–5610.5 | 5690.6–8015.0 |
| Forward | Lock | 14207.4 | ≤ 5683.0 | 5825.0–9945.2 | 10087.3–14207.4 |
| Forward | Prop | 13324.6 | ≤ 5329.8 | 5463.1–9327.2 | 9460.4–13324.6 |
| Forward | Second Row | 22152.5 | ≤ 8861.0 | 9082.5–15506.7 | 15728.3–22152.5 |

3. Prescription: Change Required for +1 N/m

| Metric | Change Required for +1 N/m |
|-----------------------|----------------------------|
| Total Distance | -3923.87 |
| Distance Zone 2-8 (m) | -1004.38 |
| High Speed Running | -683.2 |
| VHSR | 2965.5 |
| Accel Efforts | 87.01 |

| | |
|----------------|--------|
| Accel Distance | 118.17 |
| Decel Efforts | 31.55 |
| Decel Distance | 113.53 |

4. Prescription: Change Required for +1000 CML

| Metric | Change Required for +1000 CML |
|-----------------------|-------------------------------|
| Total Distance | 640.85 |
| Distance Zone 2-8 (m) | -230.8 |
| High Speed Running | -526.71 |
| VHSR | -49.89 |
| Accel Efforts | 14.66 |
| Accel Distance | 25.3 |
| Decel Efforts | 5.46 |
| Decel Distance | 22.71 |