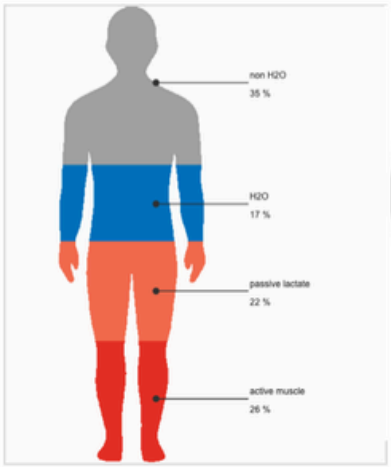
INNER ATHLETE COACHING

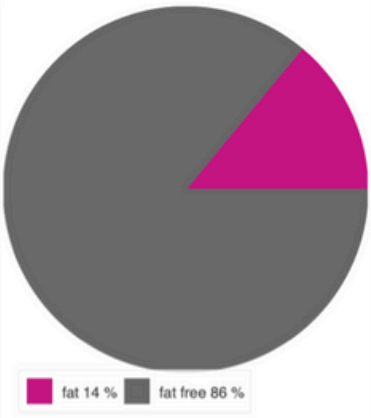
360° Elite Metabolic Profile

This is your complete performance testing report. The following pages contain all the significant information about your current state of performance.

Test Id	173130671993
Date	01/2025
Spor t	Triathlon-Cycling
Test Type	PPD
Athlete	SAMPLE TEST
Coach	William Horkoff

BODY COMPOSITION



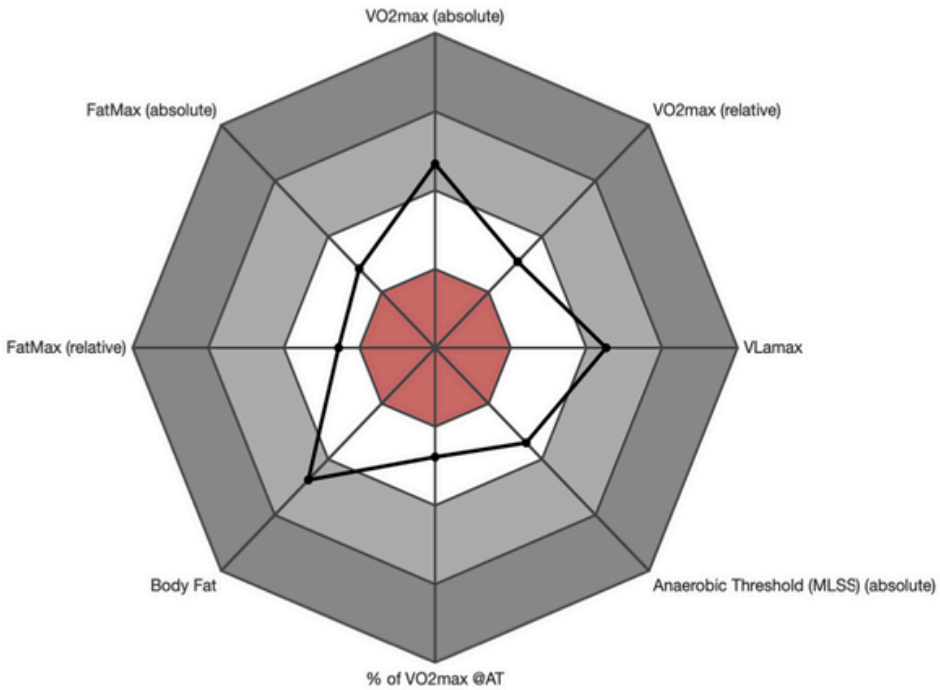


Body Mass	78.5 kg
Body Height	177.8 cm
Body Mass Index	24.8 kg/m2
Projected BSA	1.955 m2
Body Fat	14.0 % of body mass / 11.0 kg
Fat Free	86.0 % of body mass / 67.5 kg

The graphs and the table above show your actual body composition.

Please pay close attention to the body fat, and fat free values. In most sports it is desirable to achieve a low body fat percentage (= high fat free mass). However, with body fat, there are inter-individual differences of what the best value is. The lowest possible value, may not always be the desired goal.

METABOLIC FINGERPRINT



This graph visualizes your metabolic profile at a glance. The most important performance metrics are shown and benchmarked. The further outside a metric is, the higher your personal value is compared to a peer comparison group. This comparison group is based on: gender, your sport, and your category as an athlete (pro, amateuer, recreational or custom groups created by your coach). Please note that this is not a ranking in terms of good or bad, but an analysis of your physiological phenotype. For example: your VLamax (glycolytic power) may be ranked low, but if you are an endurance athlete this is maybe exactly what you want. And if you are more a sprint style athlete, you maybe should not be concerned if your FatMax values aren't ranked high. Therefore this graph needs to be understood as a fingerprint of your current physiological profile, not as a ranking of good or bad.

PHYSIOLOGICAL PERFORMANCE BENCHMARKS

VO2max - maximum aerobic power

55.37 ml/min/kg
total: 4345 ml/min

VLamax - maximum glycolytic power

0.54 mmol/l/s

AT - Anaerobic Threshold (MLSS)

274 watt (= 75.6% of VO2max)

Fatmax - maximum fat metabolism

4.79 kcal/h/kg @ 178 watt
total: 376 kcal/h

Carbmax - carbohydrate metabolism

202 watt

Available Glycogen g/kg

5.34 g/kg
419 g

VO2max: is a proxy for your aerobic power. The maximum rate of oxygen uptake is proportional to the maximum energy production in the aerobic metabolism. In almost all sports it is desirable to have a high VO2max, enabling a high power production by aerobic metabolism.

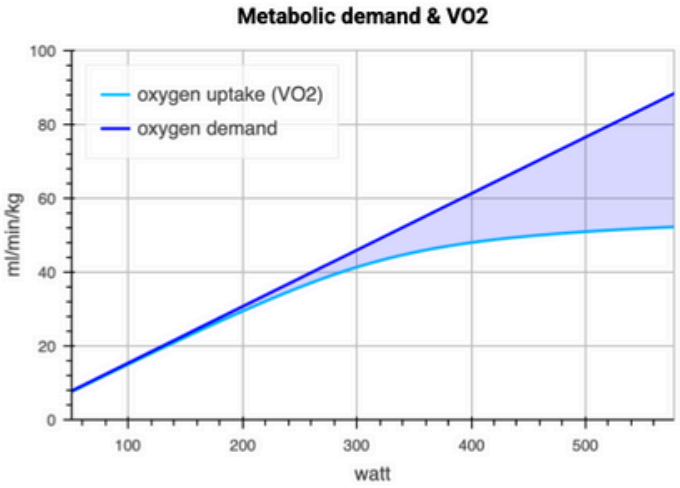
VLamax: a proxy for your glycolytic (anaerobic) power. The maximum rate of lactate production is proportional to the maximum energy production in the glycolytic (anaerobic) metabolism of your muscles. For endurance events, such as an Ironman, or a Marathon, a low VLamax is desirable. In events which include sprinting or short intense bouts, a higher VLamax is associated with higher performance.

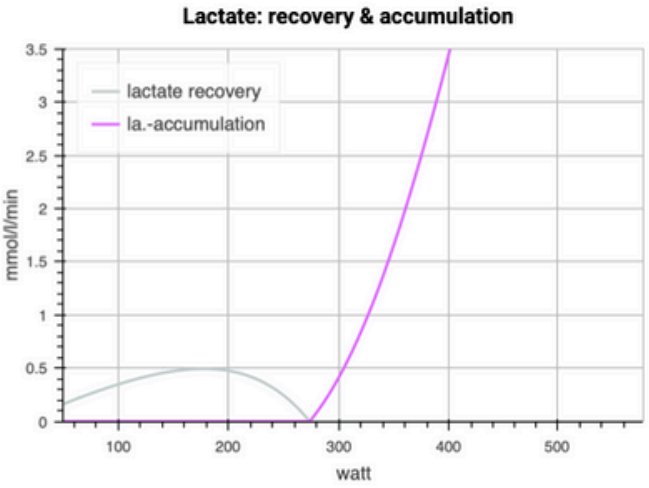
Anaerobic threshold (AT) AKAmaximum lactate steady state (MLSS). MLSS marks the intensity (speed or power) at which the production rate of lactate in the muscle equals the clearance rate of lactate. AT marks the highest possible intensity, which can be sustained without accumulating lactate.

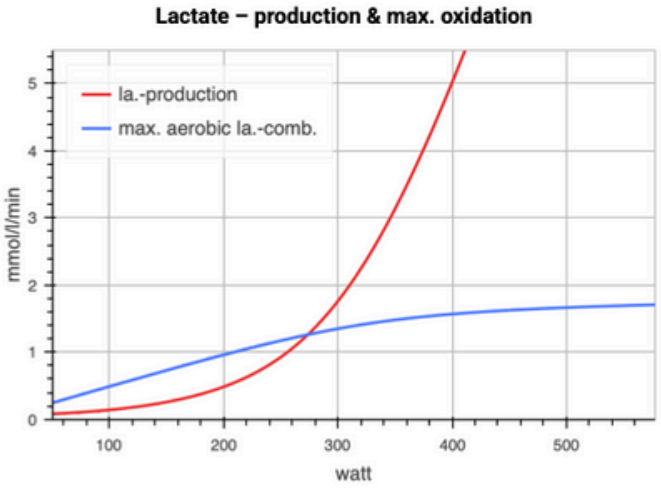
FatMax marks the highest fat oxidation rate. Simplified, this is the maximum amount of energy (kcal) from fat combustion per hour.

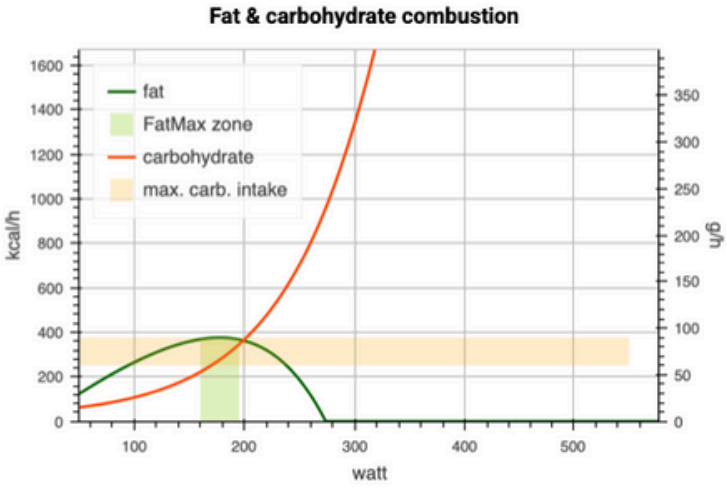
CarbMax marks the intensity (speed or power) at which the combustion of carbohydrates reaches 90g per hour.

LOAD CHARACTERISTICS









The relationship between oxygen demand (dark blue) and the exercise intensity (speed or power) is a marker for the economy or efficiency. The lower the oxygen – read energy – demand for a given intensity, the better.
The light blue curve shows the actual oxygen uptake (VO2) in steady state conditions. When compared to the oxygen demand it becomes visible how much of the
energy demand is covered by aerobic metabolism. The gap between the two is shown as the light blue area which needs to be covered by glycolytic metabolism.

Lactate production & combustion: during exercise the amount of lactate which can be be cleared is limited by the oxygen uptake ("max. aerobic lactate combustion" curve, blue). The red "lactate production" curve shows the actual lactate production per minute. Look for the crossing point of the lactate production (red) and the lactate combustion (blue) – this is intensity of anaerobic threshold or maximum lactate steady state.

The curve in the top right graph shows your ability to combust lactate ("lactate recovery", grey), for example after a short hard bout of exercise. The higher the curve and the further the apex is to the right, the faster the recovery at a higher intensity is possible.
The purple curve shows the rate of lactate accumulation at intensities above MLSS. The steeper the curve, faster lactate

accumulation at any given intensity.

The green curve shows the rate of fat combustion in kcal/h (left y-axis). The intensity at which the energy derived from fat combustion is the highest is marked with a green area ("FatMax zone"). In the same graph the rate of glucose combustion is visualized (red): in kcal/h on the left y-axis, and in gram/hour on the right Y- axis. Note that a range of 60-90g/h is marked orange, as this marks the typical range of possible combustion of exogenous carbohydrates (from solid food, gels and/or drinks).

TEST RESULTS (WATTS)

VO_2 Max	395W
Power Duration	749W
Power Duration	306W

As conducted with the efforts.

3M Max Effort

20sec Max Effort

12-30M Max Effort

TRAINING ZONES

Zone	Code	Lower	Upper	Target	Physiological Conditions				
Recovery	Rec	Power **99** [watt]	Power **127** [watt]	Power **114** [watt]	Total Energy **423** [kcal/h]	Fat **70** [%]	Fat **31** [g/h]	Carbohydrates **30** [%]	Carbohydrates **30** [g/h]
Base	bas	Power **156** [watt]	Power **183** [watt]	Power **170** [watt]	Total Energy **627** [kcal/h]	Fat **60** [%]	Fat **40** [g/h]	Carbohydrates **40** [%]	Carbohydrates **60** [g/h]
Medio	med	Power **219** [watt]	Power **247** [watt]	Power **233** [watt]	VO2max **61** [%]	VLamax **2** [%]	Carbohydrates **134** [g/h]	AT **85** [%]	
FatMax	Fat	Power **166** [watt]	Power **191** [watt]	Power **178** [watt]	Total Energy **653** [kcal/h]	Fat **58** [%]	Fat **40** [g/h]	Carbohydrates **42** [%]	Carbohydrates **66** [g/h]
Anaerobic Threshold	AT	Power **255** [watt]	Power **293** [watt]	Power **274** [watt]	VO2max **70** [%]	Carbohydrates **229** [g/h]	AT **100** [%]		
Aerobic Maximum	AeM	Power **362** [watt]	Power **399** [watt]	Power **380** [watt]	VLamax **13** [%]	Lactate acc. rate **2.7** [mmol/l/min]	Energy con aerobic **80.8** [%]	Energy con anaerobic **19.2** [%]	
High Anaerobic	Ana	Power **387** [watt]	Power **471** [watt]	Power **427** [watt]	VLamax **19** [%]	Lactate acc. rate **4.6** [mmol/l/min]	Energy con aerobic **75** [%]	Energy con anaerobic **25** [%]	
Lactate Shuttling	LaS	Power **178** [watt]	Power **305** [watt]						