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LÖMO

CYCLING PHYSIOLOGY AND BIOMECHANICS

Brian Nguyen

Exercise Physiologist

Phone: 0431 952 080

Personal details:

Name:
Date of Birth: 23/03/1979
Gender: M

Body composition:

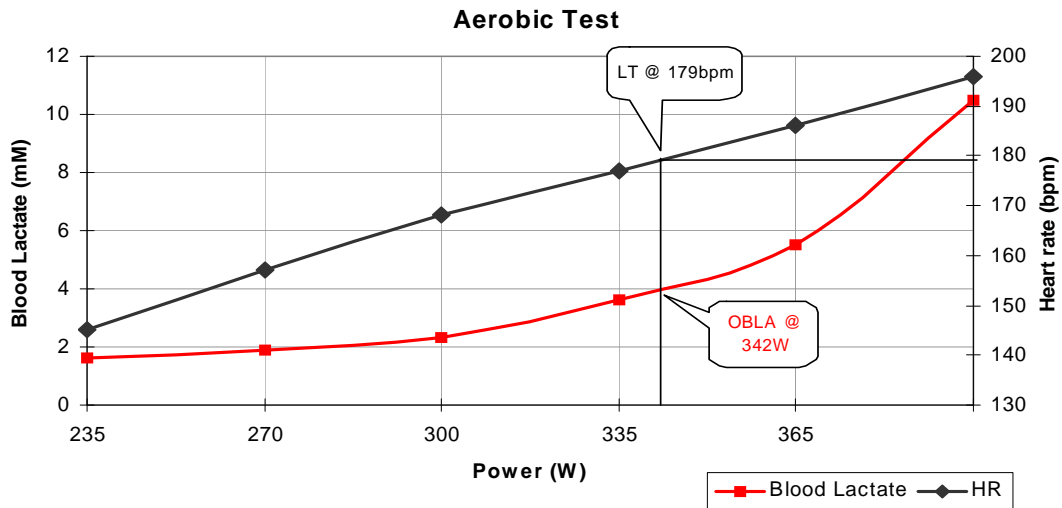
Height (cm): 178.5
Weight (kg): 83.5
Sum of skinfolds (8 sites) (mm): 51.1
Body fat (%): 9.87
Resting blood pressure (systolic/diastolic) 118/80

Aerobic Test Results:

OBLA @4mM (W): 342
Maximal aerobic power (W): 415

Anaerobic Test Results:

Maximal anaerobic power (W): not tested



LÖMO Cycling Physiology Report:

Aerobic test:

Your point of onset of blood lactate accumulation (OBLA) is at 342W or 4.10W/kg
Your maximal aerobic power is 415W or 4.97W/kg

Your current heart rate at LT is 179bpm. This would be a good estimate of E3 intensity. Note that racing heart rates may be higher due to cardiac drift (elevated measurements due to body heat). Your maximal heart rate is 196bpm.

Body composition:

Your body composition is 9.87% body fat and 51.1mm of skinfolds
A target composition of 4.0% body fat at approximately 78kg would be ideal for competition.

Next Appointment

Threshold testing should be performed on a regular basis in order to be of any benefit. I would recommend a composition and LT test to be performed at 3 months intervals, depending on the level and consistency of your training.