

Alan Badia
Human Sports Performance®
Director of Sports Cycling



In the field of sports cycling and competitive cycling, the name Alan Badia puts fear into his competitors. Cycling is a passion of Alan's and his performance in cycling makes him a force to be reckoned with.

In 2009, Alan's cycling ability was scientifically quantified at Barry University, where he demonstrated, in a laboratory setting, a VO2 Max that is off the charts.

Dr. Nauris Tamulevicius stated that Alan's VO2 Max was the highest ever recorded in his sports performance laboratory, on a bicycle at any age:

Max VO2: 64.8 ml/kg/min ■ 4.30 L/min ■ METS: 18.5 ■ 1500 kgm/min

Alan's VO2 Max is nothing short of astounding, and accounts for his ability to out-cycle competitors.

At his competitive best, cyclist Lance Armstrong's VO2 Max was recorded at 85 ml/kg/min.

Measuring accurate VO2 Max requires an all-out effort (usually on a treadmill or bicycle) performed under a strict protocol in a sports performance lab.

VO2 Max refers to the maximum amount of oxygen that an individual can utilize during intense or maximal exercise. It is measured as "milliliters of oxygen used in one minute per kilogram of body weight."

VO2 Max (maximal oxygen uptake) is an important factor that can determine an athlete's capacity to perform sustained exercise, and is considered the best indicator of an athlete's cardiovascular fitness and aerobic endurance.

The more oxygen an athlete can use during high level exercise, the more ATP (energy) they produce. This is the case with elite endurance athletes who have very high VO2 max values.





Alan Badia Cycling is my Passion

Cycling has always been a passion with me ever since I was a young child.

It's the speed that attracted me to the sport of competitive cycling and still to this day I remain highly motivated to find ways to go even faster than yesterday. Aerodynamics play a huge roll in this event and the best racers are always looking for ways to go faster.

My favorite event is the individual time trial. This is a race against the clock. Sometimes called the "*race of truth*", this race is all about speed and suffering.

It is a timed event in which riders start at 1 minute intervals, one after another, cycling as fast as they can to the finish line. The racer to complete the distance in the fastest time wins. Theoretically and on paper it is a simple race. No team tactics, no hiding in the group, no coasting.

In reality, this discipline is an exercise in pain management. Pushing through intense pain for the duration of this event is very much a mind game where you must mentally block out the physical agony that's ripping your body apart.

Even though I am now officially a 45+ Master racer, I continue to get faster, break personal records, and win races.

2009 marks my first year in the Men's Masters 45+ Category. We have a very strong team this year and are already dominating at the races. In 2008, I placed second in the Florida State 40K Individual Time Trial Championship. This year I am training to win this event during the summer.

I have competed in dozens of triathlons during the late 1990s and into the early 2000s, with several top 3 placings and winning a few sprint races. In October 2001, I finished the Great Floridian IronMan distance triathlon in the Masters 35+ category. Shortly after that race, my focus became and still is exclusively cycling.

Through the late 1970s and through the 1980s I competed in indoor racquetball tournaments at the highest state level. As a sponsored athlete, I competed at national indoor tournaments. I also enjoyed playing squash years later in local tournaments.

Nutrition has always played a major part in my competitive and personal success. I am constantly looking for new information regarding health, fitness, and nutrition.

Age: 45 years old ▪ Weight: 146 lbs. ▪ Height: 5' 9