



# Sprint and Power Performance

(rs1815739) – *ACTN3*

## Your DNA Outcome



You may have sprint and fast power-oriented muscle fibers that are better suited to explosive performance.

You Are Genotype

CC

Scientific Confidence Grade

A

Percentage of the Population with CC Genotype

41%

## Recommendation

Your muscular system may be more resistant to the demands of high forces, such as during jumping and sprinting. It may be worth experimenting with higher volume and denser training programs. Remember to increase training load gradually, and monitor your body for signs of overtraining.

*Measuring your Acute:Chronic training load is useful for monitoring your training progression. Simply compare the total load from the most recent week to the average of the previous three weeks. Should the ratio exceed 1.5, you may be at higher risk for injury and maladaptation.*

## Gene Summary

Known as the 'sprint' gene, ***ACTN3*** influences how fast-twitch muscle fibers perform during high-intensity activities. Certain variants of this gene are associated with increased suitability for power and sprint performance. Experimental studies also suggest that decreased ***ACTN3*** activity could be linked to a decrease in strength later in life.

