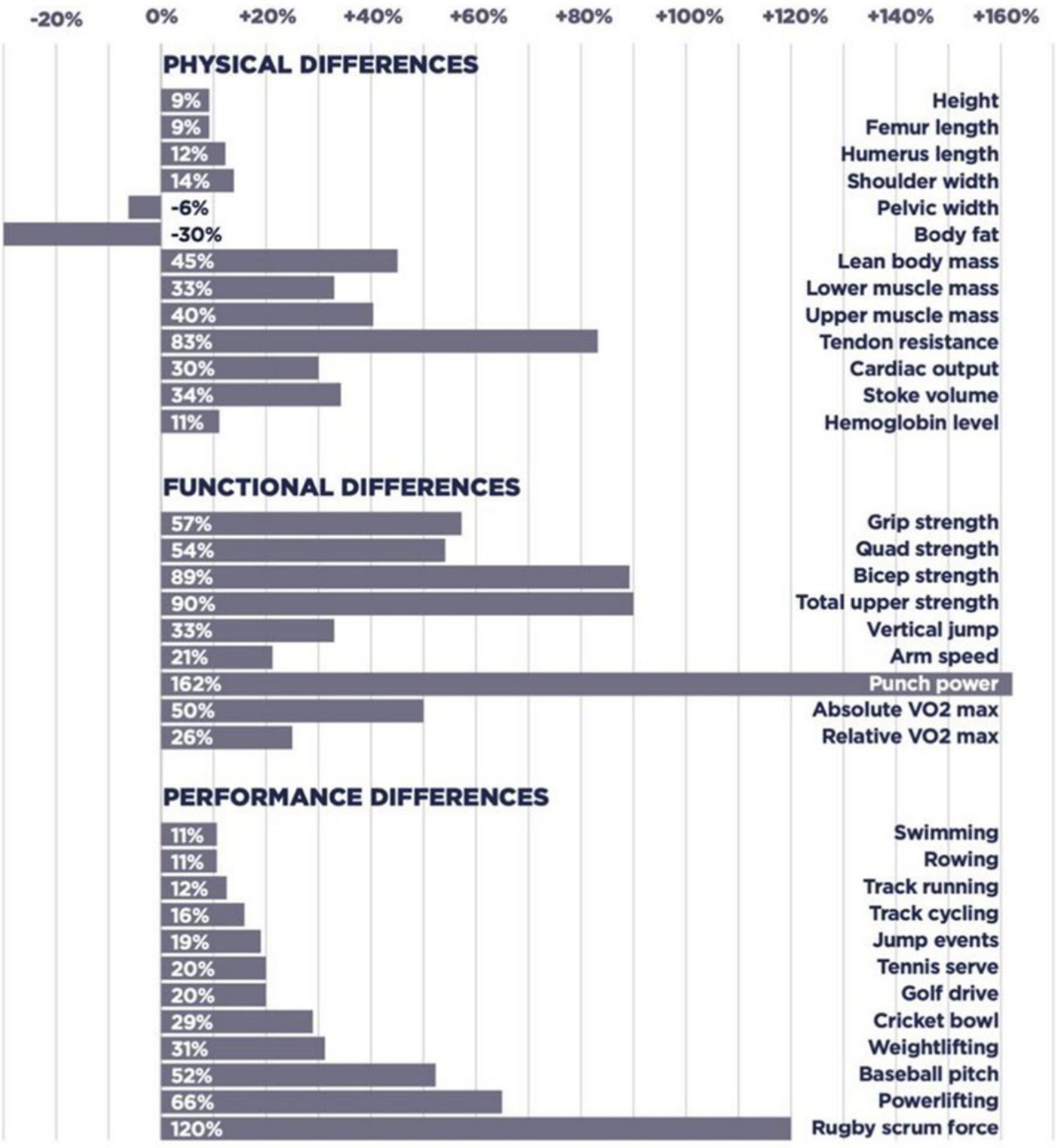
Twitter Thread by Nancy Hogshead, JD, Oly



Nancy Hogshead, JD, Oly
@Hogshead3Au

@runthinkwrite We've known VO2max falls off fairly quickly w T-Suppression, but it is never makes sport performance drop by the same %. Why? Because performance is a function of strength, power, heart-size, skeletal advantages, that don't reverse after a decade on T. (Aka male puberty)

Figure 1: Sports-relevant physical, functional, and performance differences between male and female bodies



* Bars indicate male % advantage over females

Sources: Antti et al. 1994; Jantz and Jantz 1999; Brinckmann et al. 1981; Lee et al. 2017; Lepley et al. 2018; Tong et al. 2010; Bohannon et al. 2019; Neder et al. 1999; Hubal et al. 2005; Murray et al. 1985; Haugen et al. 2020; Morris et al. 2020; Pate and Kriska 1984; Hilton and Lundberg 2021.