**Week 28 – Structured Endurance Training, Strength Building, and Recovery Emphasis**

**Medical:**  
Dr. Patel continued to monitor Aarav’s recovery metrics, placing emphasis on sleep and nutrition as the two critical supports for handling increased training volume. He scheduled future bloodwork to ensure inflammation, energy metabolism, and muscle recovery remain aligned with Aarav’s performance push.

**Physio:**  
Rachel introduced a more structured endurance and strength-building phase. Sessions now combined cardio (cycling, treadmill running, and interval sprints) with progressive weight training. Alongside intensity, she emphasized flexibility and mobility drills to maintain joint health and reduce injury risk. Soreness tracking was integrated into Aarav’s logs to fine-tune recovery.

**Nutrition:**  
Carla designed meal prep strategies centered on lean protein intake, anti-inflammatory foods, and consistent hydration. She stressed protein timing around workouts and encouraged electrolyte balance during endurance sessions. Aarav adopted these habits actively, reporting better energy and less post-training fatigue.

**Mental Health:**  
Dr. Isha guided Aarav in practicing mental rest techniques, including short mindfulness breaks and visualization of training outcomes. Neel reinforced the value of pacing, encouraging Aarav not to overexert early in this training cycle, while also reminding him of the community support available through peer athletes.

**Engagement:**  
Aarav showed high engagement—he completed endurance workouts as prescribed, carefully tracked soreness, and even joined a group training session to challenge himself in a team environment. His logs this week were particularly detailed, helping the support team monitor and adjust effectively.

**Overall:**  
Week 28 was marked by structure and strength: Aarav successfully built endurance capacity while maintaining balance, recovery, and holistic discipline across medical, physical, nutritional, and psychological dimensions.

**Week 28 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Resting Heart Rate | 62 bpm | 50–70 bpm | Stable, reflecting good adaptation to endurance training. |
| VO₂ Max Estimate | 47 mL/kg/min | 40–50 mL/kg/min | Improving aerobic capacity; up from 45 last week. |
| White Blood Cell Count | 6,400/µL | 4,000–10,000/µL | Healthy immune response maintained. |
| CRP (Inflammation) | 1.8 mg/L | <3 mg/L | Stable, showing controlled inflammation despite increased load. |
| Hemoglobin | 14.7 g/dL | 13.5–17.5 g/dL | Stable, supporting oxygen transport. |
| Creatine Kinase (Muscle) | 235 U/L | <200–250 U/L | Slightly elevated but within expected range for strength-endurance phase. |
| Recovery Index (Sleep/HRV) | Good | — | Maintained, though sleep flagged as a key performance support. |
| Weight | 69.3 kg | — | Stable; lean mass gain continues gradually. |
| Agility/Balance Score | 8.0/10 | 7–9 balanced | Sustained improvement. |
| Mood Stability Index | 8.1/10 | 7–9 balanced | Positive, aided by visualization and pacing support. |
| Training Compliance | Very High | — | Aarav executed the new structured plan with precision and detail. |