

Littlefield Bradley

Test Date: 11/12/2025 • Performance

Executive Summary
Your performance snapshot at a glance

OVERALL HEALTH SCORE

73

out of 100

EXCELLENT METRICS

2

of 7 (Lung + HRV)

GOOD+ METRICS

5

of 7 total

BIOLOGICAL AGE

49

years (5 years younger!)

Biological Age Analysis

Your metabolic age vs. chronological age



Your excellent performance metrics indicate superior metabolic health and cellular function, resulting in a biological age significantly younger than your chronological age.



Sympathetic/Parasympathetic

76%

GOOD

Ventilation Efficiency

74%

GOOD

Breathing Coordination

67%

GOOD

Lung Utilization

100%

EXCELLENT

Heart Rate Variability (HRV)

88%

EXCELLENT

Metabolic Rate

46%

NEUTRAL

Fat-Burning Efficiency

58%

NEUTRAL



YOU BURN

Rest Days

2074

kcal/day

Workout Days

2274

kcal/day

YOU SHOULD EAT

Rest Days

1724

kcal/day

Workout Days

1924

kcal/day

Fuel Sources

Fats 53%

Carbs 47%

Your metabolism uses an energy mix of 53% fats and 47% carbohydrates at rest.



Zone 1: Recovery

92-111 bpm

Active recovery, warm-up, cool-down. Very easy conversational pace. Promotes recovery and prepares body for harder efforts.

Zone 2: Endurance Base

111-129 bpm

YOUR PRIMARY ZONE for improving metabolic rate and fat-burning. Easy conversational pace. Build aerobic base, improve mitochondrial function. Target: 3-4 sessions weekly, 45-60 minutes.

Zone 3: Tempo

129-148 bpm

Moderate-hard pace. Short phrases possible. Improves lactate threshold and tempo endurance. Use sparingly.

Zone 4: Lactate Threshold

148-166 bpm

Hard pace, few words possible. Lactate threshold training. Improves VO2 max and performance capacity. 1-2 sessions weekly for strength development.

Zone 5: VO2 Max

166-185 bpm

Maximum effort, no talking. Intervals only. Maximizes VO2 max and anaerobic capacity. Short bursts (30sec - 5min) for peak performance.

Mark's Weekly Training Plan

Zone 2 (Endurance): 3-4 sessions x 45-60 min = PRIORITY #1 to improve metabolic rate (46%) and fat-burning (58%)
Zone 4 (Threshold): 1-2 sessions x 20-30 min = Support strength development goals
Resistance Training: 3 sessions x 45-60 min = Maintain strength development focus
Rest/Recovery: 1-2 days per week with Zone 1 activity





Zone 2 Training

Primary intervention for metabolic rate & fat-burning

Performance

Evidence-Based



ARX Omni

Efficient resistance training for strength goals

Performance

Evidence-Based



Cold Plunge

Boost fat-burning 15-37%, accelerate recovery

Performance

Evidence-Based



Nutrition Protocol

High protein (1.6-2.2g/kg) for muscle & metabolism

Performance

Evidence-Based



Breathwork Training

Optimize breathing coordination (currently 67%)

Performance

Evidence-Based



Sauna Recovery

Improve HRV and parasympathetic activation

Performance

Evidence-Based



Zone 2 Endurance Training

3-4 weekly sessions, 45-60 min at 111-129 bpm. THE most powerful intervention for improving metabolic rate (46% → 70%+) and fat-burning (58% → 70%+).

PRIORITY: HIGH



Strength Training

Continue 3x weekly resistance work for strength development. Add compound movements to support metabolic rate increase.

PRIORITY: HIGH



Performance Nutrition

High protein (1.6-2.2g/kg = 114-156g/day), omega-3 rich fish 3x/week. Time carbs around workouts for performance.

PRIORITY: MEDIUM



Recovery Optimization

7-9 hours nightly. Consistent schedule. Your excellent HRV (88%) shows good recovery - maintain this!

PRIORITY: MEDIUM



Cold Exposure

Cold plunges 3-5 min, 2-3x weekly. Can boost fat-burning by 15-37% and accelerate recovery between sessions.

PRIORITY: LOW



Breathwork Practice

10 min daily box breathing to optimize breathing coordination. Your 67% is good but can reach 80%+ with practice.

PRIORITY: LOW

WEEKS 1-4

Base Building Phase

Add 2-3 Zone 2 sessions (45 min) alongside strength training. Monitor heart rate compliance. Focus on easy conversational pace. Track recovery and energy levels.

WEEKS 5-8

Development Phase

Increase to 3-4 Zone 2 sessions (60 min). Continue strength training 3x/week. Add cold plunges 2x/week. Implement performance nutrition timing around workouts.

WEEKS 9-12

Integration Phase

Maintain 4x Zone 2 sessions. Add 1x Zone 4 threshold session. Continue all protocols. Monitor performance gains in strength training. Prepare for retest.

WEEK 13

Retest & Reassess

Expected Results: Metabolic Rate: 46% → 70%+ | Fat-Burning: 58% → 75%+ | Overall Score: 73% → 80%+ | Strength gains + improved endurance capacity

First, the good news:

Your core metabolic data (VO2 max, RMR, heart rate zones, substrate utilization) uses well-established, medically-approved algorithms—the same ones testing facilities use. No AI. No guesswork. Just proven math.

The recommendations below? That's where AI comes in. AI is incredibly smart, but it's also an overachiever that really wants you to like it.

AI has a few quirks you should know about:

- It can hallucinate – occasionally making up facts with complete confidence
- It's a people-pleaser – wants to tell you what you want to hear
- It lacks clinical context – doesn't know your complete medical history
- That's why every recommendation below should be reviewed with a healthcare professional—specifically one experienced with VO2 max testing, metabolic optimization, and performance physiology.

Think of these as homework to bring to your doctor, not medical advice to follow blindly.

Peptides Recommendations

Primary Peptide Recommendations:

1. **CJC-1295 + Ipamorelin:** This combination is excellent for optimizing growth hormone levels to promote overall health and performance while maintaining a favorable side-effect profile.
2. **Thymosin Alpha-1:** This peptide can support immune function and general wellness, particularly given the current global health situation.
3. **AOD-9604:** This peptide is known for its fat-burning properties and could help optimize your metabolic efficiency and fat oxidation rates.

Specific Dosing Protocol:

1. **CJC-1295 + Ipamorelin:** 100 mcg of each, taken subcutaneously before bed 3-4 times per week.
2. **Thymosin Alpha-1:** 1.5 mg, taken subcutaneously twice per week.
3. **AOD-9604:** 300 mcg, taken subcutaneously daily.

Scientific Rationale:

- **CJC-1295 + Ipamorelin:** This combination stimulates the body's natural production of growth hormone, which can improve recovery, lean muscle mass, fat loss, and sleep quality.
- **Thymosin Alpha-1:** This peptide enhances the immune system's ability to fight off infections and diseases, making it a good choice for overall health support.
- **AOD-9604:** This peptide has been shown to stimulate lipolysis (fat breakdown) and inhibit lipogenesis (the transformation of nonfat

food materials into body fat).

Expected Benefits and Timeline:

- **CJC-1295 + Ipamorelin:** Improvements in recovery, lean muscle mass, and sleep quality can be expected within the first 2-3 weeks. Fat loss results may take a bit longer, typically noticeable around the 4-6 week mark.
- **Thymosin Alpha-1:** Immune function improvements can be noticed within 2-4 weeks.
- **AOD-9604:** Noticeable fat loss can be expected around the 6-8 week mark.

Strategic Stacking Recommendations:

- **For optimal results,** consider stacking these peptides with a balanced diet and regular exercise routine. This will enhance the effects of the peptides and help you achieve your health and performance optimization goals quicker.

Safety Considerations and Contraindications:

- **Consult with a healthcare provider** before starting any new treatment or therapy.
- **Monitor your body's response** to the peptides. If you notice any adverse reactions, consider adjusting the dosage or discontinuing use.
- **Avoid use if you have any pre-existing medical conditions** without first consulting your doctor.
- **Do not use during pregnancy or breastfeeding.**

Lifestyle Optimization Tips:

- **Maintain a balanced diet:** High in lean proteins, complex

carbohydrates, and healthy fats to support your body's recovery and growth.

- ****Exercise regularly:**** Aim for at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise per week.
- ****Stay hydrated:**** Drink at least 8-10 glasses of water per day.
- ****Get adequate sleep:**** Aim for 7-9 hours per night to support recovery and growth.
- ****Manage stress:**** Include stress management techniques such as meditation, yoga, or deep breathing exercises into your routine.