



Caloric Balance & Fuel Strategy

Your personalized energy targets for performance

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



Training Zones

Personalized heart rate zones for optimal performance

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



Recommended Interventions

Targeted strategies for your specific needs



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

Your Action Plan

Prioritized roadmap for performance gains



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

90-Day Performance Protocol

Your structured roadmap to peak metabolic fitness

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



AI-Powered Personalized Recommendations

Based on your metabolic data and health goals

✓ 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
2. AOD-9604
3. BPC-157

Specific Dosing Protocol for each peptide:

1. **CJC-1295 + Ipamorelin**

- Dose: 100mcg of each, before bed, on an empty stomach, 3-4 times per week
- Duration: 3 months, then consider a 1-month break

2. **AOD-9604**

- Dose: 250mcg daily, in the morning, on an empty stomach
- Duration: Continue for 3 months, then assess effectiveness

3. **BPC-157**

- Dose: 200mcg daily, split into two doses (morning and evening)
- Duration: 4 weeks on, 2 weeks off

Scientific Rationale:

1. **CJC-1295 + Ipamorelin**: This combination is commonly used for its synergistic effect on growth hormone release, which can enhance recovery and performance. Given your metabolic efficiency and VO2 Max, this may help optimize your performance further.

2. **AOD-9604**: This peptide is known for its fat-burning properties. Considering your relatively high carb oxidation rate and moderate fat oxidation rate, AOD-9604 may aid in shifting your metabolic preference towards more fat oxidation.

3. **BPC-157**: BPC-157 is known for its healing and regenerative properties. It's a good, general-purpose peptide for overall health maintenance and injury prevention.

Expected Benefits and Timeline:

1. **CJC-1295 + Ipamorelin**: Potential benefits include improved recovery, muscle growth, and performance. Noticeable effects usually appear after 1-2 months.

2. **AOD-9604**: Potential benefits include improved metabolic efficiency and fat loss. Effects are typically noticeable after 1-2 months.

3. **BPC-157**: Potential benefits include enhanced healing, reduced inflammation, and improved gut health. Effects are often noticeable within a few weeks.

Strategic Stacking Recommendations:

- These peptides can be used synergistically. CJC-1295 + Ipamorelin can be stacked with AOD-9604 for an enhanced fat-burning effect. BPC-157 can be used as needed for healing or regeneration purposes.

Safety Considerations and Contraindications:

- Always consult with a healthcare provider before starting any new treatment protocol.
- Peptides should be used with caution if you have any hormonal imbalances or conditions, as they can affect endocrine function.
- Side effects can include water retention, joint pain, and tingling or numbness in the hands or feet. If any adverse effects occur, discontinue use and consult a healthcare provider.

Lifestyle Optimization tips to maximize peptide effectiveness:

- Regular exercise: Aim for a mix of cardio and strength training exercises.
- Good nutrition: Eat a balanced diet rich in protein, healthy fats, and

complex carbohydrates.

- Adequate sleep: Aim for 7-9 hours of quality sleep per night.
- Stress management: Engage in regular stress-reducing activities such as yoga, meditation, or mindfulness practices.
- Hydration: Drink plenty of water daily.