

Optimal  
Vitality

## ⚡ PERFORMANCE METABOLIC BLUEPRINT 2025

### Your Complete Performance Analysis

Comprehensive metabolic testing, training zones, and performance optimization  
powered by PNOE technology and personalized for elite results.

# Littlefield Bradley

Test Date: 11/12/2025 • Performance  
Assessment • Optimal Vitality

### 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.



**Core Performance Metrics**  
7 key biomarkers measuring your athletic potential

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





## 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

**Fats 53%**

**Carbs 47%**

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





## 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

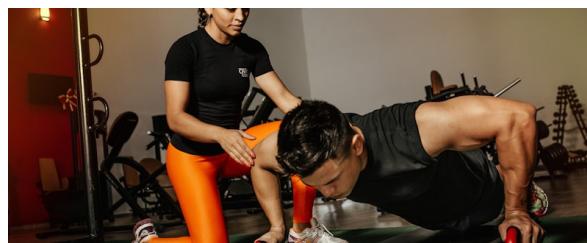


## Zone 2 Training

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



## 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\*\*

Based on your metabolic data and your goal of general health and performance optimization, I recommend the following peptides:

1. CJC-1295
2. Ipamorelin
3. BPC-157

#### \*\*Specific Dosing Protocol\*\*

1. CJC-1295: Inject 1000 mcg twice weekly, subcutaneously.
2. Ipamorelin: Inject 500 mcg daily, subcutaneously, before bed.
3. BPC-157: Inject 250 mcg twice daily, subcutaneously, around the belly area.

#### \*\*Scientific Rationale\*\*

1. **\*\*CJC-1295\*\*:** This peptide is a growth hormone releasing hormone (GHRH) analog that can increase your natural production of growth hormone, aiding in muscle recovery and performance. Your current VO2 Max and metabolic efficiency indicate that your endurance and metabolic health can be optimized, which CJC-1295 can contribute to.

2. **Ipamorelin**: Ipamorelin is a growth hormone releasing peptide (GHRP) that works synergistically with CJC-1295, amplifying the growth hormone pulse. It also has a favorable safety profile with minimal side effects.

3. **BPC-157**: This peptide promotes healing and regeneration, which is beneficial for overall health, injury prevention, and recovery from workouts.

#### **Expected Benefits and Timeline**

- Increased muscle recovery and performance within 2-4 weeks.
- Improved sleep and mood within 1-2 weeks.
- Enhanced injury healing and health optimization within 3-6 weeks.

#### **Strategic Stacking Recommendations**

- Stack CJC-1295 and Ipamorelin together to create a strong, synergistic pulse of growth hormone release.

#### **Safety Considerations and Contraindications**

- Always use sterile techniques when injecting.
- If you have any pre-existing conditions or are taking medication, consult your healthcare provider before starting this or any other peptide protocol.
- Possible side effects include water retention, joint pain, and insulin resistance. Monitor your health closely and discontinue use if any adverse effects occur.

#### **Lifestyle Optimization Tips**

- Maintain a balanced diet rich in lean proteins, healthy fats, and complex carbohydrates.
- Engage in regular exercise including both strength training and cardiovascular exercises.
- Ensure adequate rest and recovery between workouts.
- Keep hydrated and maintain healthy sleep habits.

**\*\*Disclaimer:\*\*** This advice is based on the provided metabolic data and is not meant to replace professional medical advice. Always consult your healthcare provider before starting any new supplement or treatment.