

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

## 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

# 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.

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## 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.

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## 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.

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### 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

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### **\*\*Primary Peptide Recommendations\*\***

1. CJC-1295: This peptide is a growth hormone releasing hormone (GHRH) analog that can help increase muscle mass and improve overall performance.
2. TB-500 (Thymosin Beta-4): This peptide is effective for healing and regeneration, which can aid in recovery and improve overall fitness.

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

1. **\*CJC-1295\***: The recommended dosage is 1 to 2 mcg per kg body weight, taken once or twice weekly via subcutaneous injection.
2. **\*TB-500 (Thymosin Beta-4)\***: Start with a loading phase of 4 to 5 mg per week for the first 2 weeks, followed by a maintenance dose of 2 to 3

mg per week.

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

1. **\*CJC-1295\***: Your VO2 max indicates a good level of fitness. CJC-1295 can help improve this further by stimulating the release of growth hormone, which can increase muscle strength and endurance.
2. **\*TB-500 (Thymosin Beta-4)\***: This peptide can help speed up recovery and reduce inflammation. This is especially beneficial given your high metabolic efficiency, which suggests an active lifestyle and potentially strenuous workouts.

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

1. **\*CJC-1295\***: You can expect to see improvements in muscle strength and endurance within 4-6 weeks.
2. **\*TB-500 (Thymosin Beta-4)\***: Healing and recovery benefits can become noticeable within 2-3 weeks.

### **\*\*Strategic Stacking Recommendations\*\***

For enhanced benefits, consider stacking these peptides with:

1. **\*Ipamorelin\***: This GHRP can further boost growth hormone levels when used with CJC-1295.
2. **\*BPC-157\***: This peptide can enhance the healing benefits of TB-500 and may also improve gut health.

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

1. **\*CJC-1295\***: Side effects may include mild headaches, dizziness, and water retention. Avoid if you have cancer, as growth hormone can potentially accelerate tumor growth.

2. **\*TB-500 (Thymosin Beta-4)\***: Possible side effects include fatigue and headaches. Avoid if you have active cancer, as it may promote angiogenesis.

### **\*\*Lifestyle Optimization Tips\*\***

1. **Regular Exercise**: Maintain a regular workout regimen to maximize the benefits of these peptides.

2. **Balanced Diet**: Ensure you're getting adequate protein to support muscle growth and repair.

3. **Adequate Sleep**: Rest is important for recovery and growth hormone release, aim for 7-9 hours per night.

**\*\*Disclaimer\*\***: Always consult your healthcare provider before starting any new treatment or therapy. This is especially important if you have any pre-existing conditions or are taking any other medications.