

Optimal
Vitality

⚡ PERFORMANCE METABOLIC BLUEPRINT 2025

YourComplete
PerformanceAnalysis

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

Littlefield Bradlely

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:

Based on the provided metabolic data and your goal for general health and performance optimization, the following peptides are recommended:

1. CJC-1295 + Ipamorelin: This combination is known for boosting growth hormone production and improving metabolic efficiency.
2. Thymosin Beta-4 (TB-500): This peptide is beneficial for tissue repair and regeneration.
3. MOTS-c: This peptide plays a significant role in metabolic regulation and energy homeostasis.

Specific Dosing Protocol:

1. **CJC-1295 + Ipamorelin**: Dosage of 100mcg for each, taken before bed, three times per week.
2. **TB-500 (Thymosin Beta-4)**: Dosage of 2mg per week, taken in two doses of 1mg.
3. **MOTS-c**: Dosage of 10mg per week, taken in two doses of 5mg.

Scientific Rationale:

1. **CJC-1295 + Ipamorelin**: This combination effectively increases growth hormone production while minimizing potential side effects. Growth hormone helps improve metabolic efficiency, muscle growth, and recovery.
2. **TB-500**: It increases cell migration and reduces inflammation, leading to faster recovery and improved health.

3. **MOTS-c**: It activates a pathway that improves glucose regulation and fatty acid metabolism, thus promoting metabolic efficiency.

Expected Benefits and Timeline:

1. **CJC-1295 + Ipamorelin**: Expect improved sleep, increased lean muscle mass, and better recovery within 3-6 weeks.

2. **TB-500**: Noticeable improvement in recovery and reduced inflammation can be expected within 4-6 weeks.

3. **MOTS-c**: Improved metabolic regulation and energy levels should be noticeable within 2-4 weeks.

Strategic Stacking Recommendations:

Given your metabolic profile and goals, consider the following stack:

- CJC-1295 + Ipamorelin and TB-500: This stack combines the benefits of improved growth hormone production and tissue repair.

- CJC-1295 + Ipamorelin and MOTS-c: This stack can enhance metabolic efficiency and overall energy homeostasis.

Safety Considerations and Contraindications:

- Always consult a healthcare provider before starting any peptide protocol.

- Discontinue use immediately if you experience any adverse effects and consult your healthcare provider.

- Do not use these peptides if you have any underlying health conditions without consulting a healthcare provider.

Lifestyle Optimization Tips:

- Ensure adequate protein intake to maximize the benefits of growth hormone production.

- Regular exercise, especially resistance training, can further enhance muscle growth and metabolic efficiency.
- Get sufficient sleep as it is crucial for recovery and growth hormone production.
- Maintain a balanced diet, rich in fruits, vegetables, lean proteins, and complex carbs.

Remember, while peptides can provide a significant boost, the foundation of optimal health and performance lies in a balanced lifestyle with proper nutrition, exercise, and rest.