

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.

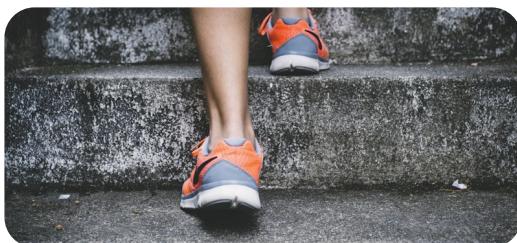
Mark's Weekly Training Plan

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

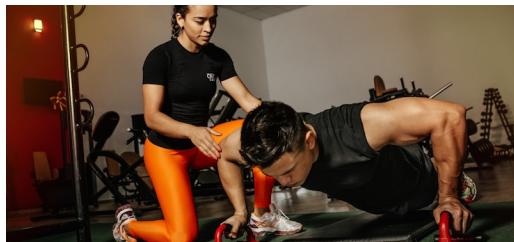


Zone 2 Training

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 profile and your goal of general health and performance optimization, the most suitable peptides would be:

1. CJC-1295 + Ipamorelin
2. Thymosin Beta-4 (TB-500)
3. AOD-9604

Specific Dosing Protocol

1. ****CJC-1295 + Ipamorelin****: Subcutaneous injection of 100mcg of each, taken once a day before bedtime.
2. ****TB-500****: Subcutaneous injection of 2mg per week, split into two doses.
3. ****AOD-9604****: Subcutaneous injection of 250mcg per day.

Scientific Rationale

1. ****CJC-1295 + Ipamorelin****: This combination is excellent for improving physical performance, increasing lean muscle mass, and enhancing fat loss. They stimulate the release of growth hormone, which can help improve your VO2 Max.
2. ****TB-500****: This peptide is known for its regenerative and healing properties, which will aid in recovery from physical activities. It will also improve flexibility, joint mobility, and reduce inflammation.

3. **AOD-9604**: This peptide aids in metabolism and fat burning without affecting blood sugar levels, which aligns with your metabolic efficiency.

Expected Benefits and Timeline

1. **CJC-1295 + Ipamorelin**: Expect improvement in physical performance and muscle tone within 4-6 weeks.
2. **TB-500**: Noticeable improvements in recovery and decreased inflammation within 2-3 weeks.
3. **AOD-9604**: Fat loss and improved metabolic health should be evident in about 6-8 weeks.

Strategic Stacking Recommendations

1. **CJC-1295 + Ipamorelin and TB-500**: These peptides can be taken together as they have different functions and don't interfere with each other.
2. **AOD-9604**: It can be used in conjunction with a healthy diet and regular exercise to enhance weight loss results.

Safety Considerations and Contraindications

1. Always consult a healthcare provider before starting any new treatment.
2. Side effects can include minor irritation at the injection site, water retention, and possible increased hunger.
3. Contraindications include pregnancy, breastfeeding, and cancer.

Lifestyle Optimization Tips

1. Regular exercise, particularly resistance and cardiovascular training, will maximize the benefits of these peptides.
2. Maintain a balanced diet high in protein to support muscle growth and repair.
3. Ensure adequate sleep as these peptides work most efficiently during the body's natural recovery period (sleep).
4. Stay hydrated and reduce alcohol consumption.
5. Manage stress levels as elevated stress hormones can interfere with the positive effects of these peptides.

Please remember, this advice is intended to support and not replace the advice of your healthcare provider. Always consult your healthcare provider before starting any new treatment.