

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%**

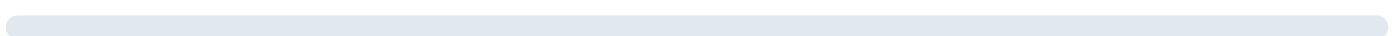
GOOD



Ventilation Efficiency

**74%**

GOOD



Breathing Coordination

**67%**

GOOD



Lung Utilization

100%

EXCELLENT

Heart Rate Variability (HRV)

88%

EXCELLENT

Metabolic Rate

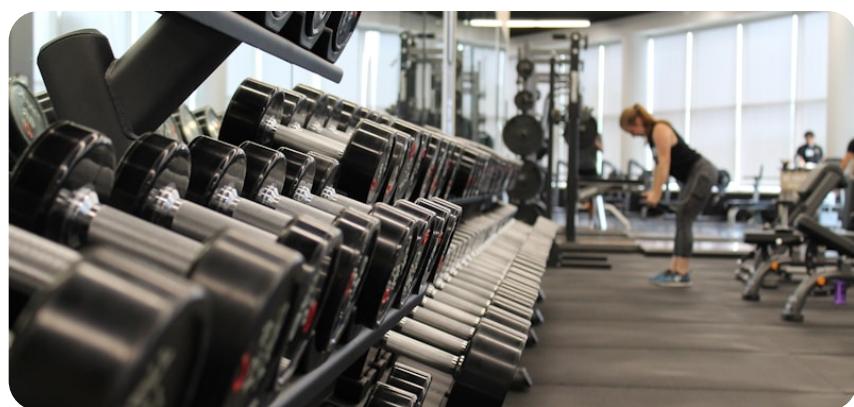
46%

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

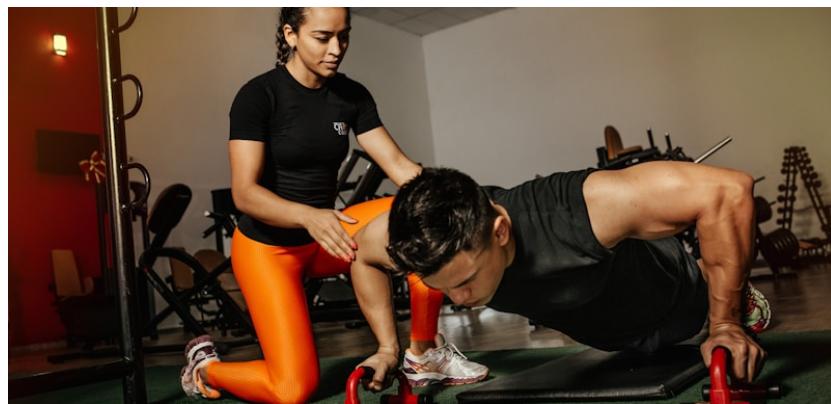


## Zone 2 Training

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

### # Primary Peptide Recommendations

Based on your metabolic profile and your goals of general health and performance optimization, the following peptides are recommended:

1. **\*\*CJC-1295 (Growth Hormone–Related)\*\***
2. **\*\*BPC-157 (Healing & Regeneration)\*\***

### # Specific Dosing Protocol

1. **\*\*CJC-1295\*\*:** Inject 500-1000 mcg once per week, preferably before bed.

2. **BPC-157**: Inject 200-800 mcg per day, based on your body's response and tolerance.

## # Scientific Rationale

1. **CJC-1295**: This peptide stimulates the release of growth hormone, which can help improve performance, muscle growth, and metabolic efficiency. Your VO2 Max indicates that you have a high level of aerobic fitness, and CJC-1295 can help optimize this further. It can also aid in recovery and overall physiological optimization.
2. **BPC-157**: Known for its healing and regenerative properties, BPC-157 can help maintain overall health and support muscle, tendon, and ligament health. This can be particularly beneficial given your high metabolic efficiency and active lifestyle.

## # Expected Benefits and Timeline

### 1. **CJC-1295**:

- Improved muscle growth and recovery: noticeable within 3-6 weeks.
- Enhanced fat loss: noticeable within 2-3 months.
- Improved sleep quality: noticeable within the first few weeks.

### 2. **BPC-157**:

- Faster healing of injuries and tissue repair: noticeable within 2-4 weeks.
- Improved gut health: noticeable within 2-3 weeks.

## # Strategic Stacking Recommendations

1. **CJC-1295 and Ipamorelin**: Combining CJC-1295 with Ipamorelin can further enhance growth hormone secretion, leading to improved muscle growth and metabolic efficiency. Ipamorelin should be dosed at 100-200 mcg per day.

2. **BPC-157 and Thymosin Beta-4 (TB-500)**: BPC-157 can be stacked with TB-500 for enhanced healing and tissue repair. TB-500 should be dosed at 2.0-2.5mg twice per week.

## # Safety Considerations and Contraindications

1. **\*\*CJC-1295\*\*:** Side effects can include water retention, joint pain, and carpal tunnel syndrome. Avoid if you have cancer, as it can potentially stimulate cell growth.
2. **\*\*BPC-157\*\*:** Very few side effects reported, but always start with a lower dose to assess your body's response.
3. Always consult with a healthcare professional before starting any new peptide therapy.

## # Lifestyle Optimization Tips

1. **\*\*Diet\*\*:** A diet high in protein can support the benefits of these peptides, aiding in muscle growth and recovery.
2. **\*\*Exercise\*\*:** Regular resistance and cardiovascular training can enhance the effects of these peptides.
3. **\*\*Sleep\*\*:** Ensure you are getting quality sleep, as growth hormone secretion is naturally higher during sleep.
4. **\*\*Hydration\*\*:** Stay well-hydrated, especially when using peptides that can lead to water retention.
5. **\*\*Regular Monitoring\*\*:** Regularly monitor your heart rate, weight, and overall health to ensure the peptides are having the desired effect.