

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
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



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



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

✓ **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

Personalized Peptide Recommendations

Primary Peptide Recommendations

Based on your metabolic data and your goal of general health and performance optimization, I suggest the following primary peptide recommendations:

1. ****CJC-1295 + Ipamorelin**** - This combination is ideal for improving overall health, increasing lean muscle mass, boosting metabolism, and improving sleep quality.
2. ****BPC-157**** - This peptide can promote healing, recovery, and regulates the digestive system.
3. ****AOD-9604**** - This peptide may help to optimize fat metabolism and maintain muscle mass.

Specific Dosing Protocol

1. ****CJC-1295 + Ipamorelin**** - 100mcg of each, injected subcutaneously, before bed, 5 days on, 2 days off.
2. ****BPC-157**** - 500mcg daily, subcutaneously, divided into two doses morning and night.
3. ****AOD-9604**** - 250-500mcg daily, subcutaneously, in the morning, 5 days on, 2 days off.

Scientific Rationale

1. **CJC-1295 + Ipamorelin** - This combination stimulates the release of growth hormone, improving muscle growth and fat loss, without the side effects of increased appetite or cortisol.
2. **BPC-157** - This peptide accelerates wound healing, improves gut health, and can protect against heart damage.
3. **AOD-9604** - This peptide mimics the weight loss effects of growth hormone, without the side effects. It can promote fat loss and protect muscle mass.

Expected Benefits and Timeline

1. **CJC-1295 + Ipamorelin** - Expect improved sleep, increased lean muscle mass, and better recovery within 4-6 weeks.
2. **BPC-157** - Benefits such as improved gut health, quicker healing, and injury recovery should be noticed within 4-8 weeks.
3. **AOD-9604** - Noticeable fat loss and muscle preservation can be expected within 6-8 weeks.

Strategic Stacking Recommendations

1. **CJC-1295 + Ipamorelin** can be stacked with **BPC-157** for enhanced recovery and overall health.
2. **AOD-9604** can be used alongside these for optimized metabolic health and body composition.

Safety Considerations and Contraindications

- Always inject peptides subcutaneously and use a fresh needle for each injection to minimize the risk of infection.
- Some temporary side effects may include redness or slight

discomfort at the injection site.

- Peptides may interact with certain medications. Consult your healthcare provider before starting any new supplement regimen.
- Pregnant or breastfeeding women should not use these peptides.

Lifestyle Optimization Tips

- Maintain a balanced diet rich in protein for muscle growth and recovery.
- Regular aerobic and resistance exercise will complement the effects of the peptides.
- Ensure adequate sleep for optimal recovery and health.
- Avoid excessive alcohol and smoking, which can impair your body's response to peptides.

****Disclaimer:**** It's important to consult with a healthcare provider before starting any new supplement regimen, including peptides. This advice is given based on the metabolic profile provided and is not a substitute for professional medical advice.