

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 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.





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.

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 data and your goal of general health and performance optimization, I recommend the following peptides:

1. CJC-1295
2. Ipamorelin
3. BPC-157

****Specific Dosing Protocol****

1. CJC-1295: Inject 1000 mcg twice weekly, subcutaneously.
2. Ipamorelin: Inject 500 mcg daily, subcutaneously, before bed.
3. BPC-157: Inject 250 mcg twice daily, subcutaneously, around the belly area.

****Scientific Rationale****

1. ****CJC-1295****: This peptide is a growth hormone releasing hormone (GHRH) analog that can increase your natural production of growth hormone, aiding in muscle recovery and performance. Your current VO2 Max and metabolic efficiency indicate that your endurance and metabolic health can be optimized, which CJC-1295 can contribute to.

2. **Ipamorelin**: Ipamorelin is a growth hormone releasing peptide (GHRP) that works synergistically with CJC-1295, amplifying the growth hormone pulse. It also has a favorable safety profile with minimal side effects.

3. **BPC-157**: This peptide promotes healing and regeneration, which is beneficial for overall health, injury prevention, and recovery from workouts.

Expected Benefits and Timeline

- Increased muscle recovery and performance within 2-4 weeks.
- Improved sleep and mood within 1-2 weeks.
- Enhanced injury healing and health optimization within 3-6 weeks.

Strategic Stacking Recommendations

- Stack CJC-1295 and Ipamorelin together to create a strong, synergistic pulse of growth hormone release.

Safety Considerations and Contraindications

- Always use sterile techniques when injecting.
- If you have any pre-existing conditions or are taking medication, consult your healthcare provider before starting this or any other peptide protocol.
- Possible side effects include water retention, joint pain, and insulin resistance. Monitor your health closely and discontinue use if any adverse effects occur.

Lifestyle Optimization Tips

- Maintain a balanced diet rich in lean proteins, healthy fats, and complex carbohydrates.
- Engage in regular exercise including both strength training and cardiovascular exercises.
- Ensure adequate rest and recovery between workouts.
- Keep hydrated and maintain healthy sleep habits.

****Disclaimer:**** This advice is based on the provided metabolic data and is not meant to replace professional medical advice. Always consult your healthcare provider before starting any new supplement or treatment.