

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

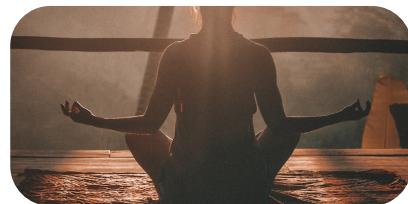
**49**

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.



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

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

1. **\*\*CJC-1295 + Ipamorelin\*\*** for growth hormone support, muscle-building, and strength.
2. **\*\*TB-500 (Thymosin Beta-4)\*\*** for healing and regeneration.
3. **\*\*AOD-9604\*\*** for fat-loss and metabolic efficiency.

## ## Specific Dosing Protocol for Each Peptide:

1. **\*\*CJC-1295 + Ipamorelin\*\*:** 100 mcg each, subcutaneous (under the skin) injection, 3 times a week, before bedtime.
2. **\*\*TB-500\*\*:** 2.5 mg, subcutaneous injection, twice a week.
3. **\*\*AOD-9604\*\*:** 300 mcg, oral, daily.

## ## Scientific Rationale:

1. **\*\*CJC-1295 + Ipamorelin\*\*:** This combination is effective in stimulating the release of growth hormone, which aids in muscle development, performance enhancement, and overall health. Your VO2 Max and Metabolic Efficiency suggest a potential for performance optimization.
2. **\*\*TB-500\*\*:** It promotes healing, recovery, and regeneration. Useful for overall health maintenance and performance optimization.
3. **\*\*AOD-9604\*\*:** It promotes fat-loss and enhances metabolic

efficiency, which can help maintain a healthy weight and improve performance.

#### ## Expected Benefits and Timeline:

1. **\*\*CJC-1295 + Ipamorelin\*\*:** Improved muscle strength and performance, better sleep, and healthier skin. Expected results in 2-3 months.
2. **\*\*TB-500\*\*:** Faster recovery, reduced inflammation, and improved flexibility. Results typically noticeable in 4-6 weeks.
3. **\*\*AOD-9604\*\*:** Enhanced fat loss and improved metabolic efficiency. Results usually seen in 2-3 months.

#### ## Strategic Stacking Recommendations:

1. **\*\*CJC-1295 + Ipamorelin and TB-500\*\*:** This stack can synergistically improve performance, muscle development, and recovery.
2. **\*\*CJC-1295 + Ipamorelin and AOD-9604\*\*:** This combination will enhance muscle strength and help maintain a healthy weight, improving overall performance.

#### ## Safety Considerations and Contraindications:

Always consult your healthcare provider before starting any peptide therapy. Side effects can include irritation at the injection site, fatigue, and water retention. Contraindications include pregnancy, breastfeeding, active cancer, and certain endocrine disorders. Regular monitoring is recommended to ensure safety and effectiveness.

#### ## Lifestyle Optimization Tips to Maximize Peptide Effectiveness:

1. **\*\*Diet\*\*:** Maintain a balanced diet rich in lean proteins, healthy fats, and complex carbs.
2. **\*\*Exercise\*\*:** Regular strength training and cardio exercises can enhance the effectiveness of peptides.
3. **\*\*Sleep\*\*:** Aim for 7-9 hours of sleep each night to support

recovery and growth hormone production.

4. **Hydration**: Stay adequately hydrated to support metabolic processes.
5. **Stress Management**: Practice stress management techniques like mindfulness, yoga, or meditation.

**IMPORTANT**: This recommendation is based on your goals and the information provided. Always consult with a healthcare provider before starting any new health regimen.