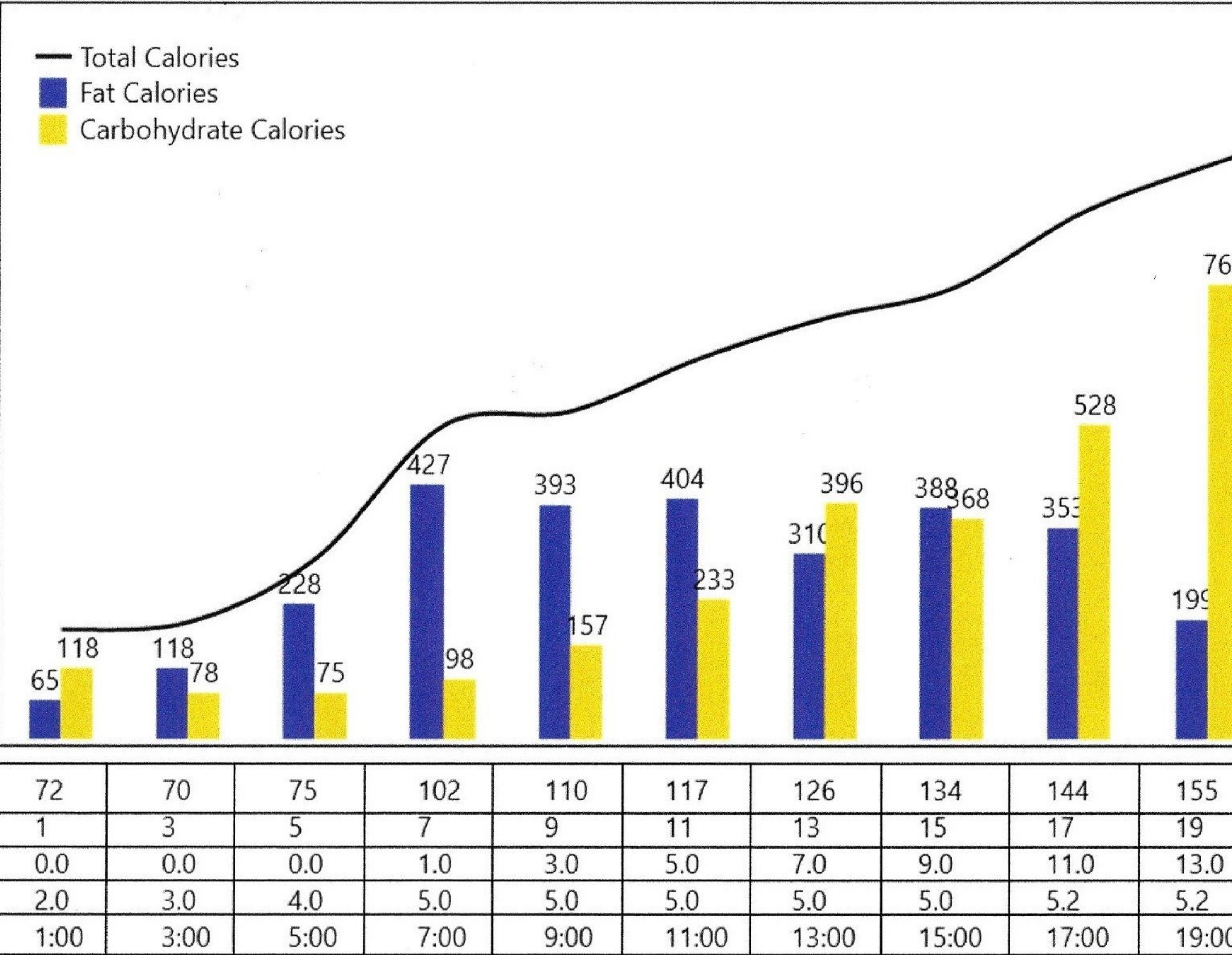


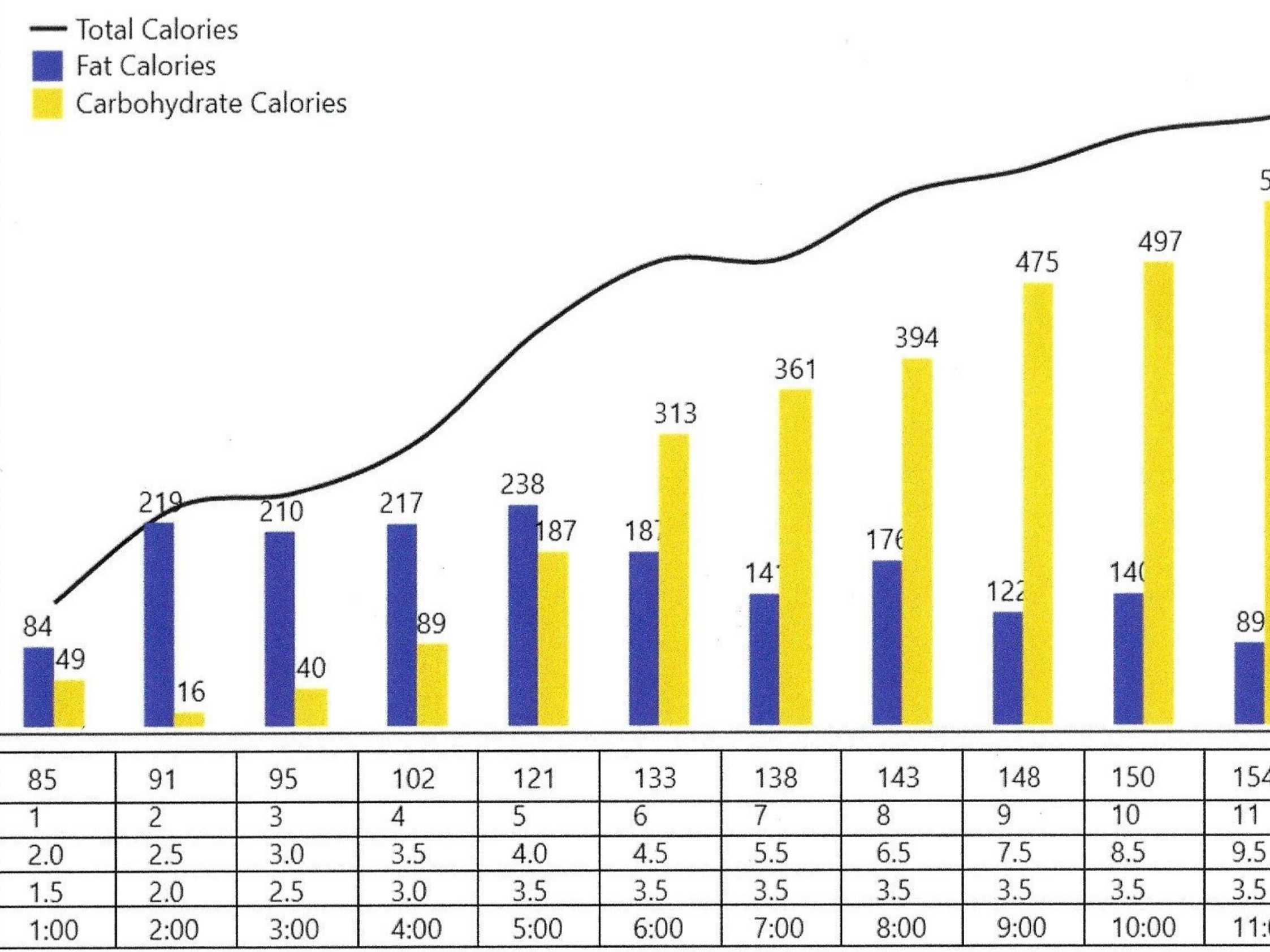
E FAT BURN

Age: 71 Height: 5 ' 7 " Weight: 133.0 lbs Gender: Male Date: 12/26/2024 9:54:27 AM Test ID: C



VE FAT BURN

stina Age: 56 Height: 5 ' 0 " Weight: 183.5 lbs Gender: Female Date: 12/26/2024 10:28:43 AM Test ID: 0



Perceived Effort	HR Zone	Intensity	Pace	Comfort Level	Training Type
Very Easy	Zone 1	Low Aerobic	Recovery run pace	I can run forever	Aerobic
Easy				really holding back	
Moderate	Zone 2	Moderate Aerobic	Easy/Long run pace	holding back a little	
Hard				feels natural	
Very Hard	Zone 3	Threshold	Tempo Run pace	pushing a little	Tempo
Extremely Hard				Ok for max 1 hr	
Very Hard	Zone 4	VO2Max	Speed Intervals	Ok for max 20mins	Speed
Extremely Hard				Ok for about 1 mile	
Very Hard	Zone 5	Speed	Sprint Intervals	Ok for about 3mins	
Extremely Hard				Ok for about 1min	

Habits of Highly Effective Primal Endurance Athletes

Aerobic Emphasis

Conventional endurance training is making you fat, tired and unhealthy

Emphasis on aerobic workouts

Reduce chronic inflammation

Aerobic fat-burning vs anaerobic glucose-burning (hybrid engine)

Maximum aerobic heart rate (180 - age), nose-breathing, speaking test

Maximum-aerobic-function (MAF) test

Avoid black-hole running

Structured Intensity

Deliver massive performance breakthroughs in minimal time

Focus on brief high-intensity strength sessions

Train-to-run

Anti-aging / use-it-or-lose-it

Maximum-sustained-power; sprinting: go-max-or-go-home

Intuitive training – be inconsistent

Stress/Rest Balance

Yin/Yang

80/20 training

HRV

Cold therapy

Enjoy the effort, camaraderie, competition event

Periodization

Seasonalize and focus your training

Aerobic base (8) / intensity (4) / taper / competition / recovery / rest

Intuitive, variable and flexible (perceived effort 1-10) rather than consistency

Nutrition

Slow down, escape the trap for chronic cardio and carbohydrate dependency and become a fat-burning beast

Brain-rewiring from glucose-dependency to cleaner fat-burning engine

Reduce sugars, seed oils, snack food, soda (glucose dependency, inflammation, insulin response, craving, weight-gain)

Don't "burn calories"

High-nutrient value carbs: vegetables, fruit, sweet potatoes, wild rice, quinoa, dairy, meat, fish, fowl, nuts, seeds, dark chocolate

Fat-adapted instead of sugar-dependent diet creates clean-burning engine – "fat-burning beast"

Eating patterns driven by hunger and max nutritional benefit

Refueling

Complementary Movement & Lifestyle Practices

Complementary, but mandatory

Sleep (and nap) is king

Don't be an active couch potato

Active lifestyle = Perpetual motion

Play time!

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