

PGIS Daily Performance Report

Protocol: Mixed Base + Strength | **Date:** January 22, 2026

SYSTEM STATUS

EXEMPLARY

PRIMARY FOCUS

DURABILITY

SYSTEM TYPE

Metabolic Conditioning /
Multi-Modal

Assessment: A Masterclass in Metabolic Conditioning

■ Strategic Discipline

Successfully respected yesterday's tempo stimulus by keeping today controlled.

■ Metabolic Success

The integration of resistance and aerobic work created a 'Glucose Sink' without anaerobic overload.

■ Durability Focus

The data reflects a training philosophy optimizing for 'decade-scale health,' rather than short-term fitness chasing.



"You layered in strength without anaerobic overload. Glycemia remained flat, calm, and predictable."

PGIS Data Observation

The Baseline: Restored & Ready

INPUT ANALYSIS: SLEEP & GLUCOSE

Nocturnal Recovery

7h 08m

Total Sleep Duration

Score: 67 (Fair)

Insight: Subjective feeling was restorative despite the 'Fair' algorithmic score. The body signaled readiness for moderate volume.

Metabolic State

82 mg/dL

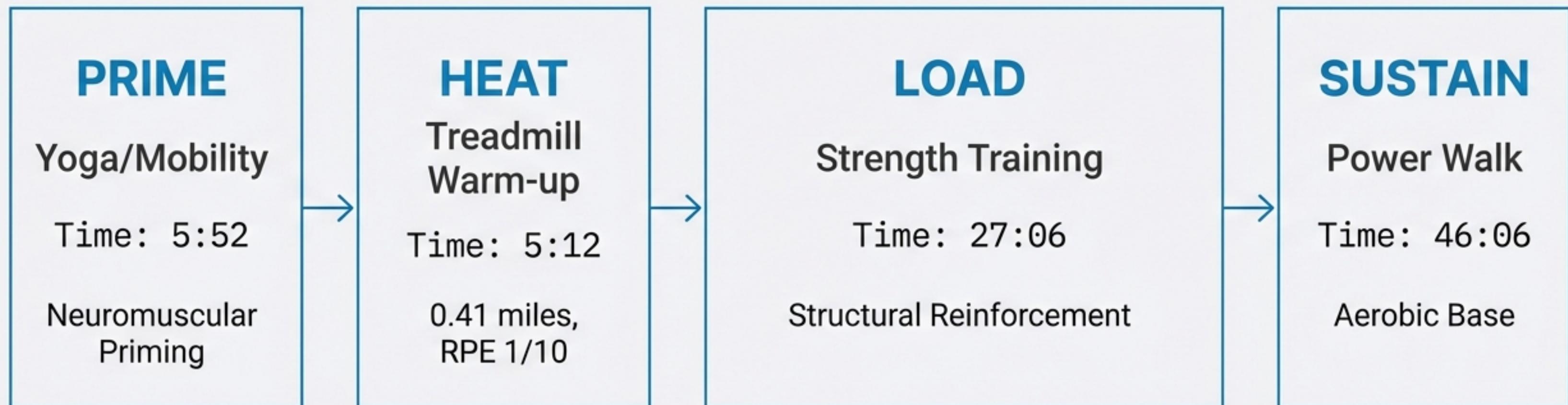
Fasting Glucose

Insight: Excellent overnight glycemic control. The 7-day average remains stable at 116 mg/dL.

CONCLUSION: The biological context supports the decision to pursue a 'Mixed Base' session rather than high-intensity output.

Session Architecture: The “Stack”

A LINEAR PROGRESSION OF PHYSIOLOGICAL PRIMING



TOTAL VOLUME: Distance: 3.56 miles (Combined) | Total Active Time: ~85 mins

Component A: Structural Reinforcement

DEEP DIVE: MOBILITY & STRENGTH

MOBILITY & PRIME

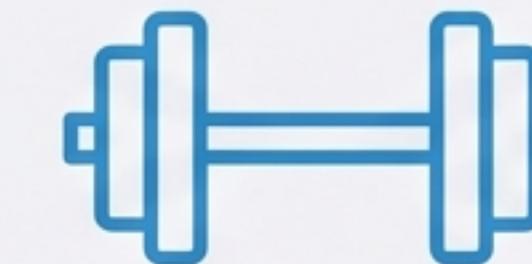


Routine: Morning Warmup (Bridges, Bird Dogs, Planks)

Avg HR: 124 bpm

Goal: Core activation and spinal mobility.

STRENGTH LOAD



Duration: 27 mins
(11:12 work / 15:54 rest)

Exercise Load Score: 34

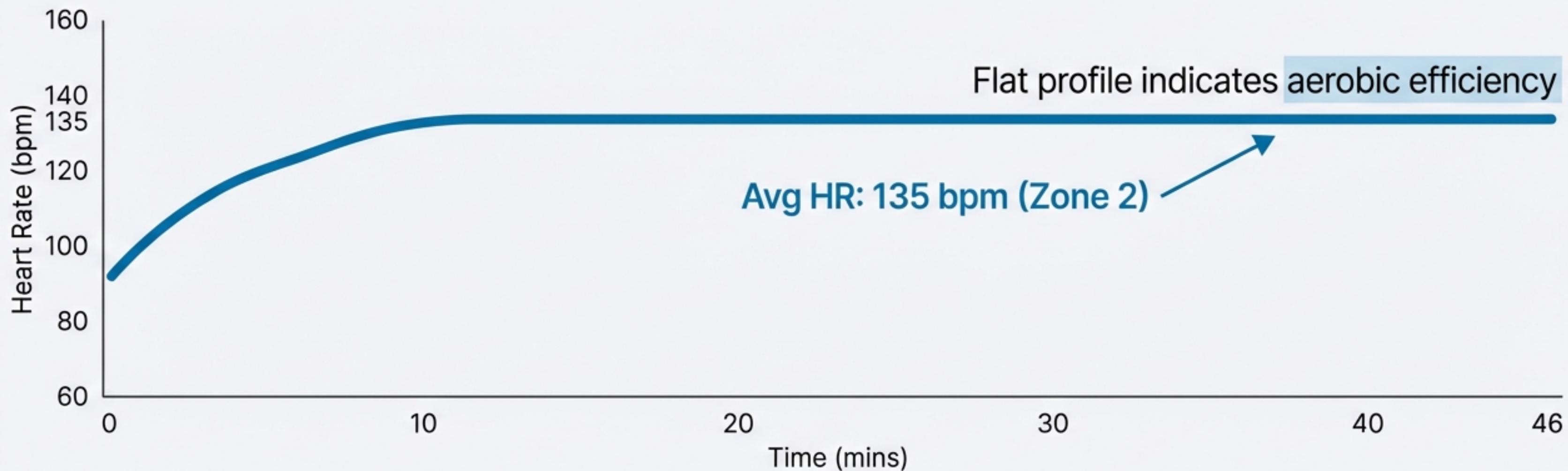
Volume: 11 Sets

Training Effect: 2.1
Aerobic / 0.9 Anaerobic

KEY TAKEAWAY: Achieved necessary muscular stimulus to build a foundation without overtaxing the central nervous system.

Component B: Aerobic Durability

DEEP DIVE: POWER WALK (ATLANTA)



DISTANCE:

3.15 Miles

PACE:

14:38 /mi

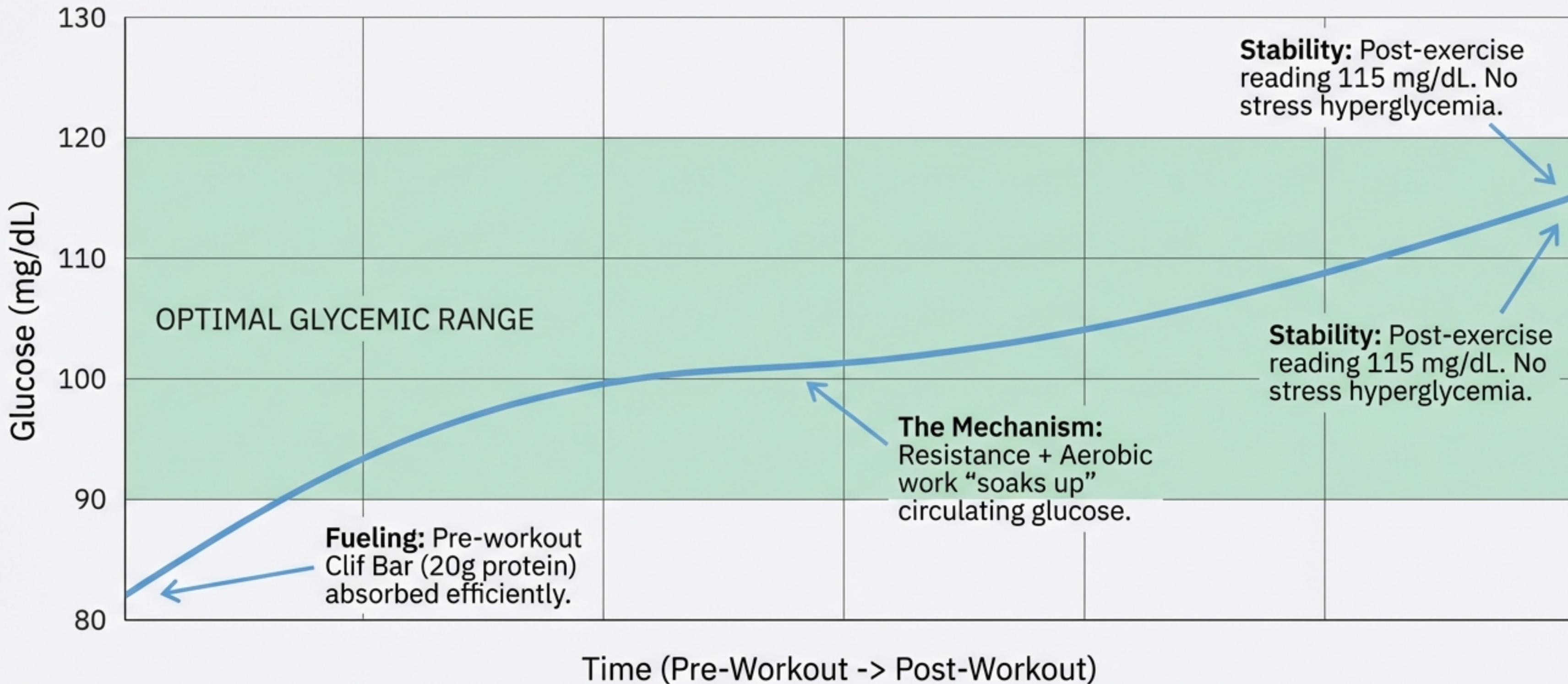
PROFILE:

Base / Zone 2

Context: 'Power Walk' utilized to maintain volume while managing impact and cold/wet weather constraints.

Metabolic Response: The "Glucose Sink" Effect

GLYCEMIC STABILITY ANALYSIS



The Macro Trend: Body Composition & Inflammation

LONG-TERM HEALTH CONTEXT

COMPOSITION

-8.9 lbs

Net weight trend over past 12 months

BMI remains in Healthy Range. Consistent 'base hits' are driving favorable composition.

SYSTEMIC STATUS

SCORE: 2

Inflammation Score (Low)

Musculoskeletal status is 'Strong' with minimal soreness. No injury setbacks.

Forward Guidance: Storm Protocols & Recovery

STRATEGIC PLAN: NEXT 48 HOURS

FRIDAY (TOMORROW)

Active Recovery



Protocol: 45-60 min Incline Walk

Constraint: HR \leq 135 bpm

Restriction: No running impact.

THE WEEKEND

Progressive Long Run



Goal: Thanksgiving Half Marathon Prep

Strategy: Treadmill Session

Execution: Start at power walk pace (14:30/mi) → Increase speed every 15 mins → Finish at Half-Marathon pace.

Purpose: Build mental stamina for 'finishing fast'.

System Evolution

FINAL VERDICT & NEXT STEPS

“You are training like someone optimizing for decade-scale durability.”

NEXT STRATEGIC STEPS

- Encode decision rules (When to Walk vs. Run)
- Formalize a 'Snow-Week' treadmill protocol
- Develop a PGIS scorecard metric (Glucose × HR × Load)
