

# 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

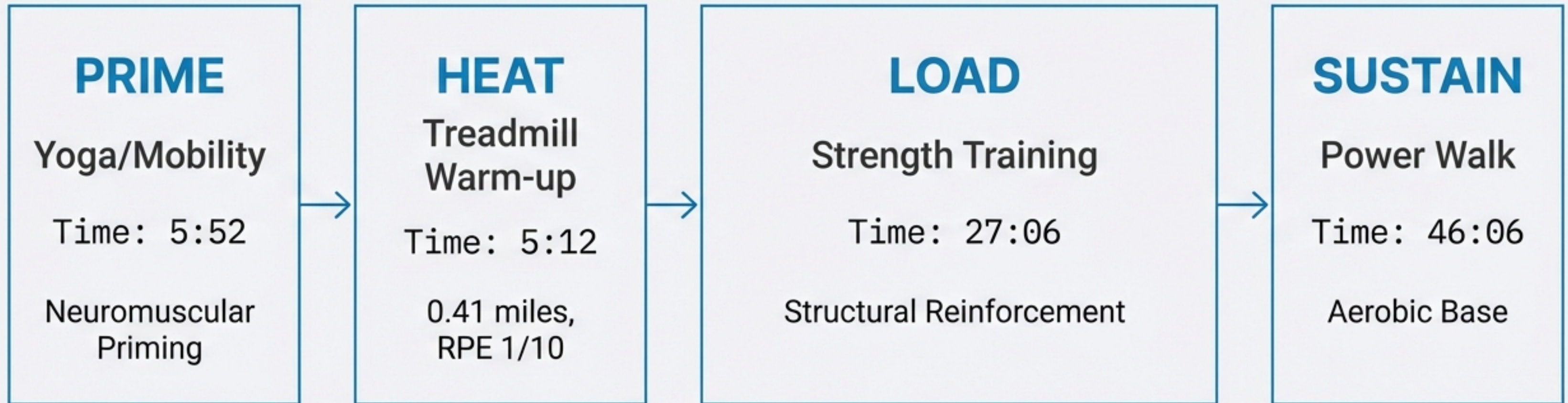
Insight: Excellent overnight glycemic control. The 7-day average remains stable at 116 mg/dL.

**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

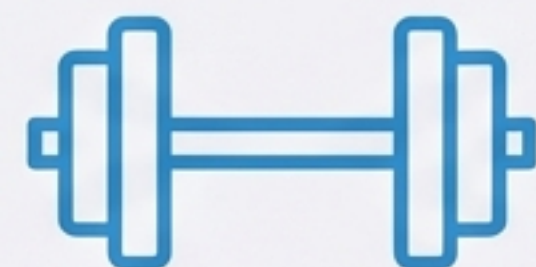


Routine: Morning Warmup (Bridges, Bird Dogs, Planks)

Avg HR: 124 bpm

Goal: Core activation and spinal mobility.

### STRENGTH LOAD



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

Volume: 11 Sets

Exercise Load Score: 34

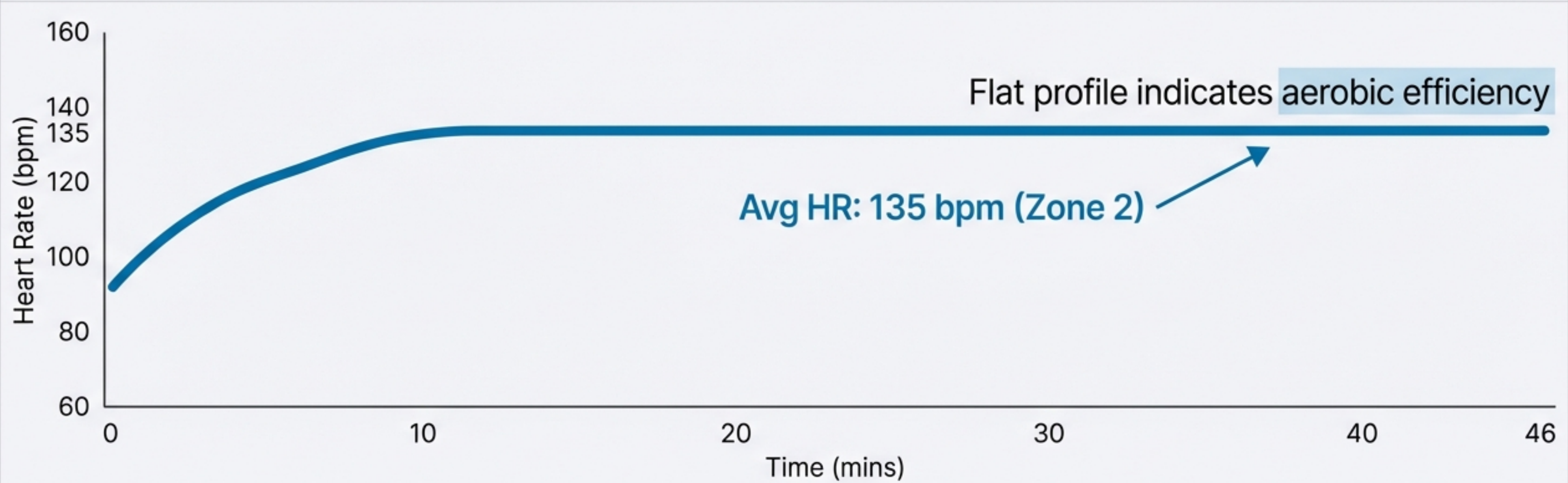
Training Effect: 2.1  
Aerobic / 0.9 Anaerobic

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)



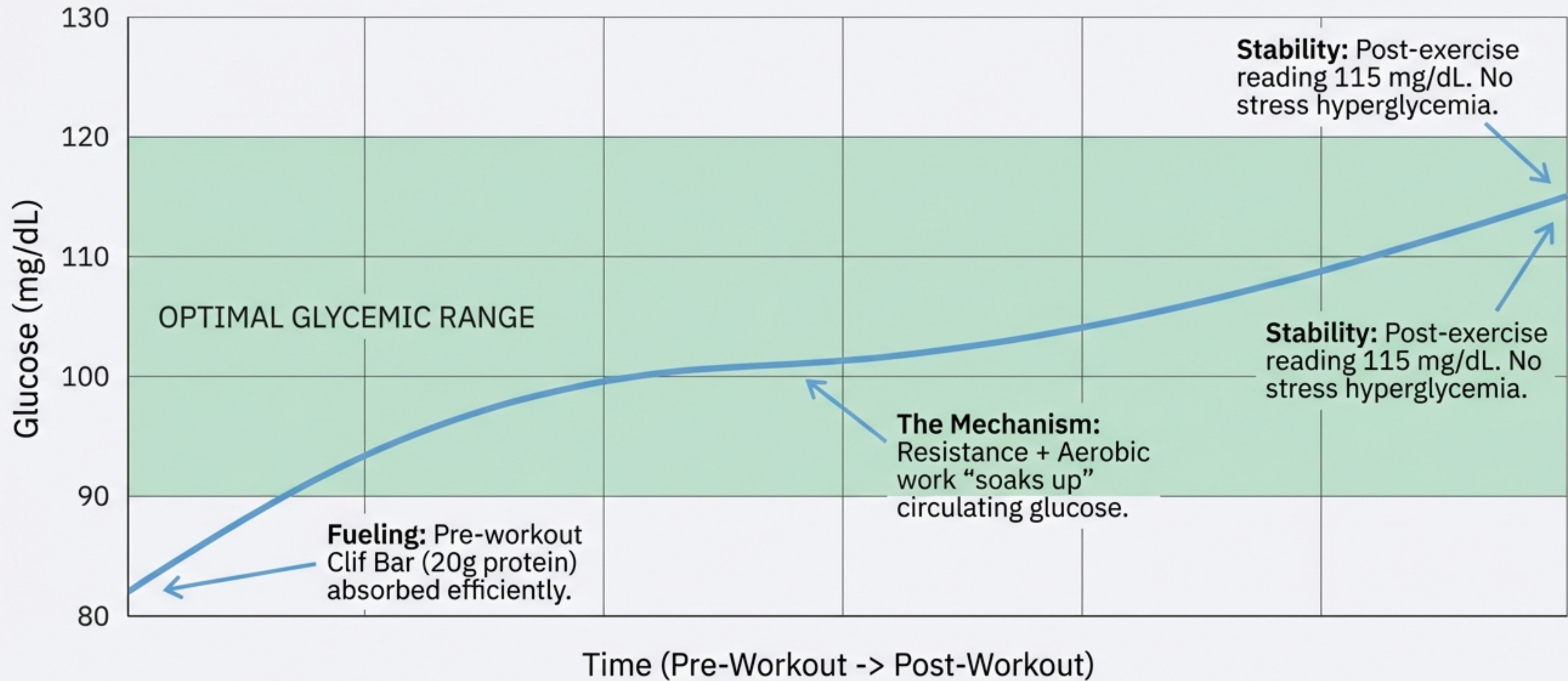
DISTANCE: 3.15 Miles	PACE: 14:38 /mi	PROFILE: Base / Zone 2
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Context: ‘Power Walk’ utilized to maintain volume while managing impact and cold/wet weather constraints.



# Metabolic Response: The "Glucose Sink" Effect

## GLYCEMIC STABILITY ANALYSIS





# The Macro Trend: Body Composition & Inflammation

LONG-TERM HEALTH CONTEXT

## COMPOSITION



-8.9 lbs

A line graph with a light blue line showing a downward trend from the top left to the bottom right. The line starts at a high point, dips slightly, and then continues to decline more steeply towards the bottom right corner. The text '-8.9 lbs' is written in large blue font across the middle of the graph.

Net weight trend over past 12 months

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

## SYSTEMIC STATUS



SCORE: 2

A large, light green checkmark is drawn over the text 'SCORE: 2'. The checkmark starts from the bottom left, goes up and to the right, then down and to the left, and finally up and to the right to the top right. The text 'SCORE: 2' is written in large teal font across the middle of the checkmark.

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)

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#### Active Recovery

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**Protocol:** 45-60 min Incline Walk

**Constraint:** HR  $\leq$  135 bpm

**Restriction:** No running impact.

### THE WEEKEND

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#### Progressive Long Run

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**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

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

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## NEXT STRATEGIC STEPS

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- ☐ Encode decision rules (When to Walk vs. Run)
  - ☐ Formalize a ‘Snow-Week’ treadmill protocol
  - ☐ Develop a PGIS scorecard metric ( $\text{Glucose} \times \text{HR} \times \text{Load}$ )
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