

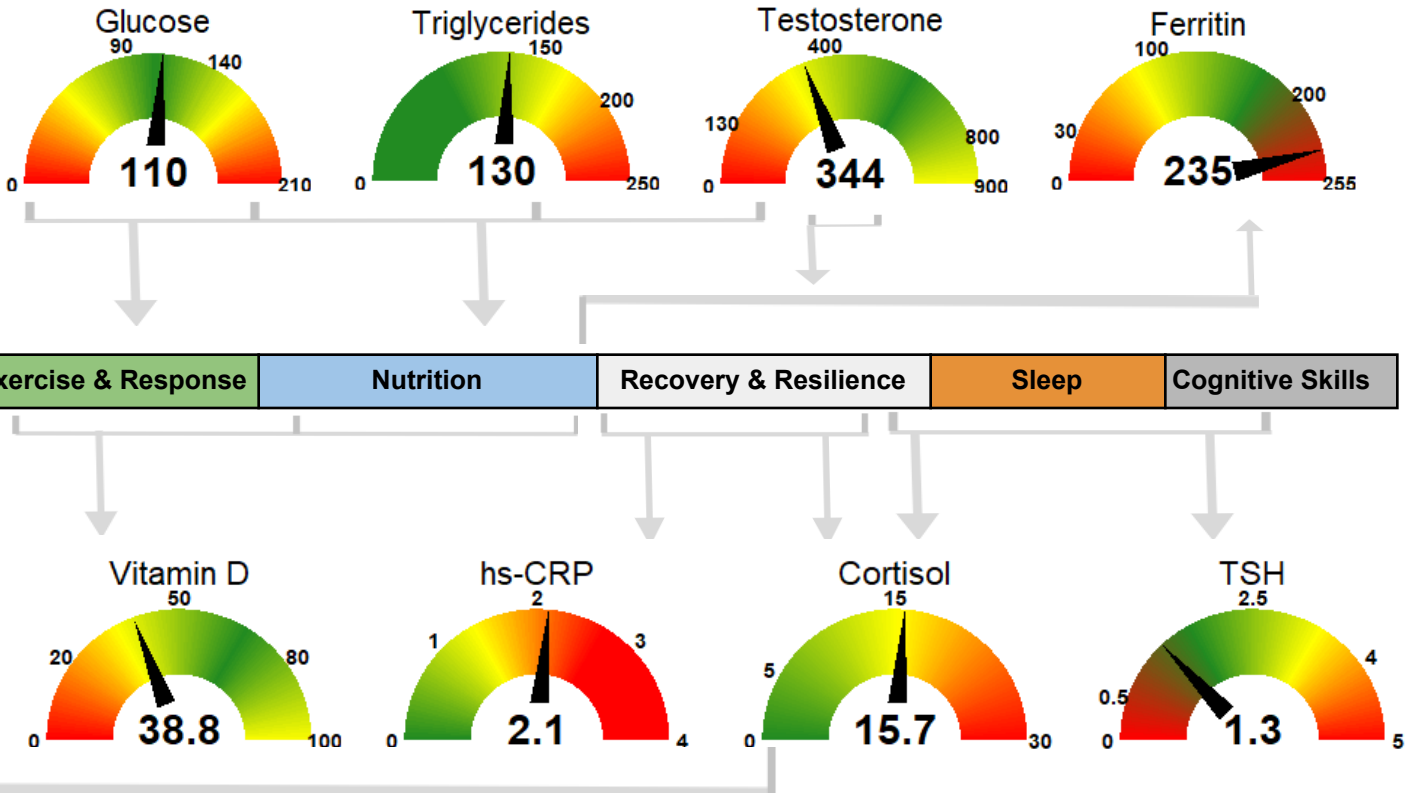
Athlete X	Height: 6'1 Weight: 222 Age: 19
Phase	Preseason Workouts
Personal Goals	1. Cognitive 2. Technical 3. Scoring & Positions
Context	Add Daily Wellness, Load, Fatigue Monitoring

Current Action Plan

- Sleep Plan & Recovery
- Vitamin D
- 60% Carb 15-35% Fat Ratio with anti-inflammatory foods

Current Flags: hs-CRP, Ferritin, Vitamin D

1 Performance Biomarker Testing



2 Genomics Blueprint

Exercise & Response	Nutrition	Recovery & Resilience	Sleep	S2 Cognition Test
Equal Power & Endurance Above Avg Grip Strength	Normal Fat Utilization	Above Avg: Systemic Inflammation	Decreased Sleep Quality	Mildly Challenging: Impulse Control, Motor Learning
Below Avg Response to Strength Training	Enhanced Carb Utilization			Strong Advantage: Distraction Control
Above Avg Exercise HR Normal Fitness Response to Cardio Exercise	Low Vitamin D Low Vitamin A, B6 & B9	Below Avg: Injury Resilience	Decreased Sleep Duration	Elite Level: Timing Control, Instinctive Learning, Decision Complexity, Improvisation

3 Current Actions & Personalized Insights

Exercise & Response	Nutrition	Recovery & Resilience	Sleep	Cognitive Skills
<p>Currently: Reports Training at specialized wrestling facility in off-season</p> <p>Normal energy levels: 8/10</p> <hr/> <p>Insights: Follow your Action Plan below for a more efficient workout and faster player development</p>	<p>Currently: Reports taking Vitamins & Supplements</p> <p>Nutrition Strategy: High protein/mod carbs & meal timing 128 oz water/day & 3 meals/day</p> <p>Reports eating fried foods and non-water - 2x a week with one energy drink per day.</p> <hr/> <p>Insights: Your body responds better to higher carbs instead of protein with fat at 15-35% to reach your goals quicker</p> <p>Aim for 8-10 fruits and vegetables per day</p>	<p>Currently: Takes 1-4 wks off per year and 2 days/wk off from sport</p> <p>Modalities Preference: 1. Normatec/GameReady, 2. Ice bath, 3. Sauna</p> <p>Past LE Injury history</p> <hr/> <p>Insights: inflammation (hs-CRP, ferritin, cortisol) and injury history signifies decrease in resilience and possibly more recovery time in off-season</p> <p>Continue what works but possibly add Massage</p> <p>It does not matter if you are the best wrestler, if you are not on the mat and proper sleep and recovery lowers your injury risk</p>	<p>Currently: Reports sleeping 6-8 hours a night</p> <hr/> <p>Insights Increasing sleep by just 1.5 hours can improve reaction time, sprint speed, & decision-making</p> <p>Napping improves power, endurance, and reaction times & reduces heart rate</p> <p>Avoid fatty meals late night, coffee, alcohol (↓ testosterone, ↑ cortisol) & nicotine (like Zyn) before bed</p>	<p>Currently: Not listed as personal goal</p> <hr/> <p>Insights: Poor sleep slows decision-making</p> <p>An extra hour of sleep can improve reaction time by up to 20%, easily the difference between a winning or losing</p>

4 My Action Plan

Exercise & Response	Nutrition & Vitamins	Recovery & Resilience	Sleep	Cognitive Skills
<p>1. Cardio: Mod to high intensity at 2-3x week with possible increase if cutting fat.</p> <p>2. Monitor neuromuscular fatigue and daily wellness and adjust training accordingly</p>	<p>Higher Carb (>60%) Low Fat (20%) with carb timing</p> <p>Limit: white bread, pastries, sugary drinks, chips/crackers Enjoy: brown rice, quinoa, & salmon, grilled chicken.turkey</p> <p>Anti-Inflammatory Foods: green tea, berries, walnuts, cherries, etc. Non sugar energy drinks</p> <p>IA TAKEAWAY Possible Vitamin D</p>	<p>Tier 1: Sleep & Nutrition</p> <p>Tier 2: - Cryotherapy/Hydrotherapy - Active Recovery (Yoga, pool) - Naps/Massage - Breathwork & Mindfulness - Firefly/Red light therapy - Sauna/BFR - Oura rings, etc.</p> <p>Tier 3: Compression Boots, Float tanks, Cupping, etc</p> <p>IA TAKEAWAY Prioritize recovery and possibly add massage</p>	<p>Check LR Sleep Action Plan</p> <p>Naps 10-60 min before 4 pm</p> <p>No caffeine after 2 pm & phones off 30-45 min before bed</p> <p>Quiet, dark room at 62-68 deg</p> <p>IA TAKEAWAY Increase sleep by 1-2 hrs or add naps</p>	<p>1.Practice impulse drills/simulations forcing quick, decisive decisions under pressure, but present unpredictable moves.</p> <p>2. Resist overcomplicating learning new mechanics & focus on one or two.</p>



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