Climbing Kilimanjaro.

Here's exactly what I did, on a weekly basis, as a CEO with four kids and a calendar that didn't care about my adventure goals.

BASELINE TESTING

Started on family vacation. Ran four field tests to find weak links before building anything:

- ✓ 1-mile timed run
- ✓ Long weighted ruck
- ✓ Stair climb with a loaded pack
- ✓ Max burpees in 5 minutes

Goal: find what was most likely to make me fail.

TRAINING STRUCTURE

- ✓ Fed my full calendar to AI — family, travel, work off-sites, the route, terrain, gear available
- ✓ Used periodized blocks (build → deload), aligned to real-life disruptions
- ✓ Family trips and heavy travel weeks became natural recovery blocks
- ✓ Core workouts each week, moved around based on what life allowed

The rule I lived by: a plan that falls apart the first time your calendar changes is a fantasy document.

WEEKLY TRAINING BREAKDOWN

Sat + Sun	Back-to-back long uphill sessions: treadmill at 15% incline, optional ruck weight, zone 2, multiple hours. *Hack: standing desk over the treadmill → converted work hours into training time.*
Weekday	Outdoor uphill: hike up with weight, jog down. The downhill eccentric loading matters. Most people skip it. The mountain won't.
Early Morning	VO_2 max intervals: 4×4 structure or 60–90 second bursts, fits in 30 minutes.
Mid Morning	Full-body EMS suit, ~20 minutes while making breakfast.
At the Office	Corporate stairwell: 10 flights, 50lb ruck, up-and-down repeats.
Weekly	Pickleball 1–2× per week.

WEARABLES — DAILY DATA

- ✓ Apple Watch for workouts — heart rate, time in zones, training effort
- ✓ Oura ring for recovery — HRV, resting heart rate, sleep trends
- ✓ Occasional lactate testing to calibrate true zone 2 ceiling

Rule: if HRV is down, RHR is up, sleep was bad, and legs are heavy — don't force it. The data makes it hard to lie to yourself.

PERFORMANCE TESTING

Repeated the same four tests across the training block to track what was improving and what was still the limiter:

- ✓ Aerobic conditioning
- ✓ Heart-rate drift — same incline, speed, weight, duration; compare HR first vs. second half
- ✓ VO_2 max-style capacity
- ✓ Muscular endurance

After every test: find the weakest link. The next block shifts to address it.

EPIGENETIC TESTING

Used TruDiagnostic testing every couple of months — the question it answered that wearables can't: ***Am I just accumulating stress?***

- ✓ DunedinPACE — pace of biological aging
- ✓ Cortisol — chronic stress load
- ✓ CRP, IL-6, GlycA — systemic inflammation
- ✓ Kynurenine — metabolic stress pathway
- ✓ Methionine sulfone — oxidative stress
- ✓ GPX1 — antioxidant defense
- ✓ Mitochondrial function — energy production capacity
- ✓ Omega-3 / EPA / DHA — recovery nutrition status

I wasn't looking at any single number. I was looking for a pattern.

AI SETUP

- ✓ Kept everything in one AI project folder — training plan, daily logs, wearable data, testing results, route details, schedule, supplements
- ✓ Started with ChatGPT Projects, moved to Claude
- ✓ Critical use was for adjustments when traveling — hotel gym swaps, 30-minute substitutes, test design, weekly likelihood estimates

The prompt I used:

"Act as my endurance coach, sports scientist, and training operations assistant. Build the best plan around my actual calendar, not an imaginary athlete schedule. Use my training logs, wearable data, epigenetic markers, lactate testing, and performance tests to tell me when to push, when to pull back, and how to modify the plan."

GEAR

- ✓ Incline treadmill + standing desk — highest-return setup of the whole thing
- ✓ Rucksack (GoRuck)
- ✓ Corporate stairwell (10 flights, free)
- ✓ Full-body EMS suit (Katalyst)
- ✓ Apple Watch
- ✓ Oura Ring
- ✓ Lactate meter
- ✓ Pickleball paddle (non-negotiable)

That's the whole system.

The goal was to make informed decisions, every week, all the way to the summit.