

TIER 02 · FUTURE CAPABILITY

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Biomarker-Driven Performance: Reading Your Body to Train Smarter

Most training is prescribed in the dark. Function Health gives you 100+ lab biomarkers; Oura Ring gives you sleep, HRV, and readiness. This talk shows how to read those signals as a coach and a person — and how to translate them into training, recovery, and nutrition decisions that actually move the needle.

KEY TAKEAWAYS

- 01** The biomarker stack: which 20 of 100 markers most affect training and recovery decisions
- 02** The wearable stack: HRV, RHR, sleep architecture, readiness — what to act on, what to ignore
- 03** Closing the loop: how to integrate biomarker data into a 12-week training cycle
- 04** When data is signal vs noise — the discipline of not overreacting
- 05** Privacy and ownership: how organizations can offer this without surveillance overhead
- 06** Where this is heading: AI-driven program adjustments based on biomarker drift

AUDIENCE

Performance-focused teams, executive cohorts, biomarker-curious leaders.

FORMATS

- 45-min keynote
- 90-min workshop with personal biomarker review template
- Half-day intensive paired with Function Health + Oura orientation

SAMPLE AGENDA

- 0–10 min — Why most training is prescribed in the dark
- 10–30 min — The biomarker stack
- 30–50 min — The wearable stack
- 50–70 min — Closing the loop in a 12-week cycle
- 70–85 min — Signal vs noise
- 85–90 min — Q&A

SLIDE OUTLINE

- Slide 1 — Training in the dark vs in the light
- Slide 2 — The 20 biomarkers that matter most
- Slide 3 — HRV / RHR / sleep architecture
- Slide 4 — Closing the loop in 12 weeks
- Slide 5 — Signal vs noise discipline
- Slide 6 — Privacy and organizational offering

Slide 7 — Where this is heading

SPEAKER POOL

Coach X-tier Coaches paired with Function Health or Oura subject-matter contributor for the data side.