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Cupertino, California

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Dear Health AI team,

Defining what good exercise guidance looks like, and making that definition measurable, draws together the strands of my career: coaching, sport science research, technical communication and AI-driven development.

The work closest to this role is how I build training plans for Summit Triathlon Coaching: 24 plans, 345 weeks and 2,704 sessions, mostly using RPE with time guidance. My advice directs the prescription, drawing on my PhD in training load, years as an athlete and coach, and evidence on periodisation, intensity distribution, recovery, de-loading and tapering. AI generates a base, and I review the generated plans against physiological standards, reading the model outputs directly. The first test is whether the training stress is realistic and safe for the athlete's level. Where a draft had too little recovery, too many build weeks without a lighter week, or a taper that cut too little volume, I corrected the plan.

The latest AI models write my code, and I check it through adversarial review between models. Python runs through my AI development work, and I understand where it sits in the development chain, how it does its job and why it belongs there. Version control, testing and documentation run throughout.

About twenty years of coaching and a Deakin PhD in Sport Science underpin my approach to training load, wearable technology and communication. That approach considers how advice fits the athlete's circumstances, including the demands outside sport. National coach education for AusTriathlon and TrainingPeaks has taken the research into practice. Athletes returning from injury or illness are regular clients, and return to play has a clinical side. At Deakin I teach Exercise Programming, which covers strength and conditioning for older adults, postpartum women and people returning from injury.

Technical writing came first in my career: manuals and help videos for UV-Vis spectrophotometers at Varian, now part of Agilent. Later, as Marketing Communications Manager at GBC Scientific Equipment, I managed the staff who produced the same material for a much wider range of scientific equipment. The Chicago Manual of Style guided my technical writing and marketing communications work.

Through Pivot Summit, the regional technology and innovation event I founded, I brought Apple co-founder Steve Wozniak to regional Australia for the first time, paying half of his speaking fee and raising the capital for the rest. He later wrote that he did up to 100 events a year and that Geelong stood out for him that year.

I am open to relocating with my family and would value a conversation about the contribution I could make to Apple's Health AI team.

Regards,
Leighton Wells, PhD