

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Deload Week Planner MCP

Manage training fatigue and optimize your recovery cycles.

Deload Week Planner MCP gives strength athletes a way to handle training fatigue through data-driven recovery strategies. Your AI client uses this MCP to calculate volume reductions, maintain intensity, and predict when you'll be ready to return to heavy lifting based on proactive or reactive methodologies.

A+ Quality Score 100/100

strength

recovery

training

fatigue

deload



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Deload Week Planner MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing when you're overreaching and start using math to manage your training load. This MCP gives your AI client the ability to act as a recovery specialist for strength athletes. Instead of waiting for a plateau or an injury, you can use these tools to monitor your fatigue levels and adjust your programming before things break down.

When you're deep in a heavy strength phase, the math of volume and intensity becomes critical. This MCP handles those calculations for you. You can check if your current fatigue levels require an immediate break, generate a specific plan for a deload week, or find movement templates that keep you active without adding more stress to your central nervous system. It's about keeping your training progress on track by knowing exactly when to back off and how to do it.

Core Capabilities

01 — Fatigue Assessment

Your agent uses this to determine if you are ready for more weight or if you need to back off.

02 — Volume Calculation

Your AI client calculates exactly how much to drop your sets and reps during a recovery week.

03 — Recovery Prediction

Your agent estimates how many days it will take before you can return to peak intensity.

04 — Movement Adjustment

Your AI client suggests specific exercise variations to reduce systemic stress.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/deload-week-planner — connect your AI agent in three steps.

- 01 Connect your preferred MCP-compatible client to Vinkius.
- 02 Provide your current fatigue levels and training status to your AI agent.
- 03 The agent uses the MCP tools to analyze your data.
- 04 Receive a specific deload plan or recovery timeline directly in your chat interface.

Connect your AI client to the Vinkius-hosted MCP and start managing your training load immediately.

Built For

This MCP is built for anyone managing high-intensity strength training programs who needs a systematic way to handle fatigue.

Strength Athletes

You hand off your fatigue scores and performance data to the AI to get specific deload instructions.

Strength Coaches

You use the AI to quickly generate recovery protocols for your clients based on their training logs.

Powerlifters

You use the tool to manage the heavy fatigue associated with peaking for a competition.

What Changes When You Connect

- 01 Reduces guesswork by using proactive and reactive deload methodologies.
- 02 Prevents overtraining by identifying when immediate rest is necessary.

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- 03** Maintains training momentum through calculated volume and intensity adjustments.
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- 04** Provides clear timelines for returning to heavy lifting phases.
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Real-World Applications

Reactive Deloading

Use this when your performance starts dropping and your fatigue scores spike unexpectedly.

Exercise Modification

Swap out heavy compound lifts for lower stress movement templates during recovery periods.

Proactive Recovery

Schedule a deload week before fatigue becomes an issue based on your training block length.

Return to Play

Calculate exactly how many days of rest you need after a high-intensity training block.

4 Tools Available

#	TOOL	DESCRIPTION
01	evaluate_fatigue_status	This tool checks your current fatigue levels to see if you need an immediate deload. It analyzes your recent training data to determine if your status is stable or if you're overreaching.
02	get_exercise_templates	This tool provides movement adjustments for your training sessions. It gives you specific exercise templates to use when you need to reduce stress while maintaining movement patterns.
03	plan_deload	This tool generates a complete recovery strategy. It calculates the specific volume reductions and intensity maintenance needed for a full deload week.
04	calculate_recovery_timeline	This tool estimates your return-to-play dates. It uses your fatigue and training history to predict when you'll be fully recovered for your next heavy block.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I am in a strength phase, my fatigue is at 8/10, and my performance has been decreasing for 2 weeks. Should I deload?



Yes, based on your decreasing performance and high fatigue, a reactive deload is recommended with a 40% volume reduction and 7-day duration.

U Check my fatigue status. I've been training for 5 weeks, fatigue is 4/10, and performance is increasing.



Your status is Stable. No immediate deload is required at this time.

U What exercises should I do during a hypertrophy phase deload?



For a hypertrophy phase deload, focus on low volume with moderate intensity using stable movement variations.

Frequently Asked Questions

01 How does this MCP help with strength training?

It provides tools to calculate volume reductions, manage fatigue, and plan recovery weeks to prevent overtraining.

02 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client like Claude, Cursor, or Windsurf.

03 What is a reactive deload?

A reactive deload is a recovery strategy triggered when your fatigue levels are high and your performance is decreasing.

04 Do I need to host the MCP myself?

No, Vinkius hosts and manages the MCP for you. You just connect your client and start using the tools.

05 How does it decide if I need to rest?

The `evaluate_fatigue_status` tool analyzes your reported fatigue and performance trends to determine if you are stable or need a deload.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"deload-week-planner": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Deload Week Planner is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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