

# Grant's Weekly Plan

Huberman Protocols · Strength · Zone 2 · Longevity

210 lbs · 6'0" · Goal: 165 lbs

Protein: 130-210g · Zone 2: 180-200 min/wk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zone 2 Cardio</b> 30-75 min conversational pace. Bike, ruck, jog, or swim. Target 180-200 min Zone 2 total this week.	<b>Legs Strength</b> <b>Warmup:</b> 10 min mobility <b>Work:</b> 50-60 min legs resistance (Schedule A/B) <b>Post:</b> 40g whey protein within 1 hr	<b>Active Recovery</b> Light walk, yoga, or mobility work. Optional: 10 min stability (Turkish get-ups, hip mobility). Prioritize 8 hrs sleep.	<b>Torso &amp; Neck</b> <b>Warmup:</b> 10 min <b>Work:</b> Chest, back, shoulders, neck <b>Post:</b> 3-5 min downregulation breathing	<b>HIIT / VO2 Max</b> 20-30 min intervals. <b>4×4 Protocol:</b> 4 min hard / 4 min easy × 4-6 rounds. RPE 8-9/10.	<b>Arms &amp; Abs</b> Biceps, triceps, calves, neck, abs. Alternate shortened/lengthened positions. 8-15 reps, 90 sec rest.	<b>Rest Day</b> Optional gentle walk. Prayer, Scripture reading, Lectio Divina. Aim 8-9 hrs sleep. Plan next week, meal prep.

## Daily Supplements

- **Morning:** Creatine 5g, Omega-3 1-2g EPA+DHA, Vitamin D 2-5K IU
- **Pre-workout (30-60 min):** Alpha-GPC 300mg, L-Tyrosine 500mg, Caffeine 100-200mg
- **Post-workout:** Whey protein 40g
- **Evening (30-60 min before bed):** Magnesium 200-400mg, Apigenin 50mg, Theanine 200mg
- **Optional:** Tongkat Ali 400mg AM, Fadogia Agrestis 425mg AM (cycle 8 on/2 off)

## Sleep Protocol

- **Morning:** Sunlight 10-30 min within 30-60 min of waking
- **Evening:** Dim lights after sunset, no bright/overhead lights 10pm-4am
- **Caffeine:** Cutoff 8-10 hours before bedtime
- **Environment:** Cool room (65-68°F), complete darkness, no screens 1 hr before bed
- **Consistency:** Same wake time daily (consistency > exact duration)
- **Supplements:** Magnesium + Apigenin + Theanine 30-60 min pre-bed

## Weekly Training Targets

**Zone 2 Cardio:** 180-200 min total  
**Strength Training:** 3-4 sessions (50-60 min max)  
**VO2 Max:** 20-30 min hard work (1-2 sessions)  
**Stability:** 10 min daily minimum  
**Cold Exposure:** 11 min total (2-4 sessions)  
**Sauna:** 57 min total (3-4 sessions × 15-20 min)  
**Stretching:** 5 min per muscle group weekly

## Daily Nutrition Targets

**Protein:** 130-210g (0.6-1g/lb)

**Fiber:** 25g+ minimum

**Hydration:** 80 oz/10 hrs

**Fermented:** 2+ servings

**Fasted Training:** OK for Grant (coffee + electrolytes before noon). If afternoon crashes, delay caffeine 90-120 min after waking.

## Quick Reference

**Workout max:** 50-60 minutes

**Post-workout breathing:** 3-5 min physiological sighs

**Cold timing:** Not within 4-6 hrs of strength training

**Zone 2 test:** Can hold conversation

**Rest day:** Prayer, Scripture, complete rest acceptable