

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
Zone 2 Cardio 30-75 min conversational pace. Bike, ruck, jog, or swim. Target 180-200 min Zone 2 total this week.	Legs Strength Warmup: 10 min mobility Work: 50-60 min legs resistance (Schedule A/B) Post: 40g whey protein within 1 hr	Active Recovery Light walk, yoga, or mobility work. Optional: 10 min stability (Turkish get-ups, hip mobility). Prioritize 8 hrs sleep.	Torso & Neck Warmup: 10 min Work: Chest, back, shoulders, neck Post: 3-5 min downregulation breathing	HIIT / VO2 Max 20-30 min intervals. 4x4 Protocol: 4 min hard / 4 min easy × 4-6 rounds. RPE 8-9/10.	Arms & Abs Biceps, triceps, calves, neck, abs. Alternate shortened/lengthened positions. 8-15 reps, 90 sec rest.	Rest Day 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