

Grant's Weekly Plan

Huberman Protocols · Strength · Zone 2 · Longevity

210 lbs 6'0" Goal: 165 lbs Protein: 130-210g

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zone 2 Cardio Training: 30-75 min Zone 2 (bike, ruck, jog, swim) Notes: Conversational pace. 180-200 min Zone 2 total/week. Sleep: Sunlight AM, dim lights PM	Legs Strength Training: Legs resistance (Schedule A or B) Warmup: 10 min mobility Work: 50-60 min max Post: 40g whey protein	Active Recovery Movement: Light walk, yoga, mobility Optional: 10 min stability work Focus: Turkish get-ups, hip mobility Sleep: Prioritize 8 hrs	Torso & Neck Training: Chest, back, shoulders, neck Warmup: 10 min Volume: Indirect arm training Post: 3-5 min downregulation breathing	HIIT / VO2 Max Training: 20-30 min intervals 4x4 Protocol: 4 min hard / 4 min easy $\times 4-6$ Or: 20-30 min total hard work Cooldown: 5-10 min easy	Arms & Abs Training: Biceps, triceps, calves, neck, abs Structure: Shortened + lengthened positions Reps: 8-15 per set Rest: 90 sec between sets	Rest Day Movement: Optional gentle walk Spiritual: Prayer, Scripture, Lectio Divina Sleep: Aim for 8-9 hrs Prep: Plan next week, meal prep

Daily Supplements	Weekly Targets	Sleep Protocol
<ul style="list-style-type: none"> Morning: Creatine 5g, Omega-3 1-2g, Vitamin D Pre-workout: Alpha-GPC 300mg, L-Tyrosine 500mg, Caffeine 100-200mg Post-workout: Whey protein 40g Evening: Magnesium 200-400mg, Apigenin 50mg, Theanine 200mg Optional: Tongkat Ali 400mg AM, Fadogia 425mg AM 	<ul style="list-style-type: none"> Zone 2 cardio: 180-200 min total Strength training: 3-4 sessions VO2 max: 20-30 min total Stability: 10 min daily minimum Cold exposure: 11 min total (2-4 sessions) Sauna: 57 min total (3-4 sessions) 	<ul style="list-style-type: none"> Sunlight within 30-60 min of waking (10-30 min) Caffeine cutoff: 8-10 hours before bed Dim lights after sunset No bright/overhead lights 10pm-4am Cool room: 65-68°F Same bedtime nightly (consistency > duration)
	Protein 130-210g/day	Hydration 80 oz/10 hrs
	Fiber 25g+ daily	Fermented 2+ servings