

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. 4 ×4 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