

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

Daily Supplements
<ul style="list-style-type: none">Morning: Creatine 5g, Omega-3 1-2g, Vitamin DPre-workout: Alpha-GPC 300mg, L-Tyrosine 500mg, Caffeine 100-200mgPost-workout: Whey protein 40gEvening: Magnesium 200-400mg, Apigenin 50mg, Theanine 200mgOptional: Tongkat Ali 400mg AM, Fadogia 425mg AM

Weekly Targets
<ul style="list-style-type: none">Zone 2 cardio: 180-200 min totalStrength training: 3-4 sessionsVO2 max: 20-30 min totalStability: 10 min daily minimumCold exposure: 11 min total (2-4 sessions)Sauna: 57 min total (3-4 sessions)
<div><div>Protein</div><div>130-210g/day</div></div> <div><div>Fiber</div><div>25g+ daily</div></div>

Sleep Protocol
<ul style="list-style-type: none">Sunlight within 30-60 min of waking (10-30 min)Caffeine cutoff: 8-10 hours before bedDim lights after sunsetNo bright/overhead lights 10pm-4amCool room: 65-68°FSame bedtime nightly (consistency > duration)
<div><div>Hydration</div><div>80 oz/10 hrs</div></div> <div><div>Fermented</div><div>2+ servings</div></div>