

# Andy Galpin: Optimize Your Training Program for Fitr

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# Synopsis

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In episode 4 of a 6-part series, Andy Galpin, PhD, explains how to design an effective training program for fitness, health and longevity through a 10-step approach. He covers goal setting, exercise selection, balancing, recovery periods and real-world challenges. He provides a year-long training example that considers sleep, sunlight and social connection. The program is modifiable for personal fitness goals and experience. For the full show notes, visit [hubermanlab.com](https://hubermanlab.com). Thank you to our sponsors AG1 (Athletic Greens): <https://athleticgreens.com/huberman> Eight Sleep: <https://eightsleep.com/huberman> InsideTracker: <https://www.insidetracker.com/huberman> Supplements from Momentous <https://www.livemomentous.com/huberman> Timestamps (00:00:00) Optimal Fitness Programming (00:07:19) Sponsors: Eight Sleep (00:09:53) #1: Plan Fitness Goals, S.M.A.R.T. Goals (00:19:52) Intermediate Goals, Dopamine, Identify Your “Defender”, Goal Timing (00:26:25) Multiple Goals, Synergistic Goals, Interference Effects (00:36:13) Sponsor: AG1 (00:37:06) Physical Goal “Bins”, Specificity (00:48:02) Tool: #2: Identify Your “Defender”, Quadrant System, “Drop Everything and Go” (01:04:33) Sponsor: InsideTracker (01:05:35) #3: Goal Timeframe & Life Events; #4: Weekly Training Frequency (01:10:33) #5: Exercise Selection, Progression (01:18:20) #6: Exercise Order, Identify Friction (01:29:20) Exercise Timing & Sleep, Down Regulation, Caffeine (01:36:24) #7: Intensity, #8: Volume, Progressive Overload, “Deloading” (01:43:59) #9: Rest Intervals, #10: “Chaos Management” (01:49:06) Fitness, Health & Longevity Goals, Proprioception & Non-Structured Exercise (01:53:41) Tool: Year-Long Program Example for Overall Fitness (02:07:58) Tool: Overall Fitness Template by Quarter, Matching Goals & Seasons (02:25:49) Training & Life Challenges: Sleep, Illness (02:32:10) Tool: Program Flexibility, 3-Day Weekly Training Program (02:37:12) Physical Activity vs. Exercise (02:40:12) Tool: 4-Day Weekly Training Program, Muscular Endurance (02:51:15) Tool: 5/6-Day Weekly Training Program, Recovery (02:54:06) Program Modification, Balancing Joy (03:04:47) Zero-Cost Support, YouTube Feedback, Spotify & Apple Reviews, Sponsors, Neural Network Newsletter Title Card Photo Credit: Mike Blabac Disclaimer Learn more about your ad choices. Visit

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