

How to End Every Workout for Best Improvement & Recovery | Dr. Andy Galpin & Dr. Andrew Huberman

So what are some tools that we can use to enhance our recovery Yeah let's start off with that acute overload phase So in other words I just did a workout and I'm feeling awful or I just did 12 days ago and I'm super sore How do I get rid of that right now Well there's a couple of things you can do immediately after your workout and then others that are maybe more actionable a day later or two days later and we'll just cover handful of them We'll do some nutrition and hydration and supplementation in the next episode I'm gonna cover everything else not in that category right now So a couple of things number one uh you can actually start kickstart that recovery process at the end of your current training session And I guess I should say it this way I strongly suggest you start this recovery process immediately after the workout You mentioned earlier about this idea of you gotta get a really high peak of stress to cause that action but I actually didn't explain that correctly because what has to happen is you need that extremely high peak but you then you have to be met with an extremely sharp recovery back down And so you know you've talked about this before and some of your um neuroplasticity stuff and in terms of what has to happen that cause the insult and then you immediately need to be able to recover to make sure that that causes changes in the brain Same thing happens here So we need a really sharp and high inflammatory response And then if you do not need it with an immediate recovery period the signal won't be there to maximize your results So what's that mean You can actually do a couple of things Number one is actually listening to slow paced music There's evidence to suggest fast paced music may uh slow down your recovery and slow pace would actually enhance it So if you just change from you know your maximum get you up and get going music during the workout to a slower lower cadence that will help you kickstart The idea of a similar note you can also use what we call down regulation breathing You could do them in conjunction or one or the other whichever is up to you So my personal favorite method here is somewhere between 3 to 10 minutes of finishing your training session laying down Uh I'd like to be in that position You can certainly do it in the lotus position But I think laying on your back is generally more effective personal preference There no sign Uh I like the eyes being covered getting into this dark quiet sort of area and then just breathing through your nose in a

structured cadence There's a lot of different things you can try An easy example is just box breathing So and you can imagine box having four squares So what you're going to do is inhale for somewhere between like 3 to 8 seconds and then whatever number you choose you keep that same tempo And so let's say you chose to do a five second inhale that's gonna take you up vertically and then horizontally for your box is a five second hold and then a five second exhale and then a five second hold And you just need to repeat that for the time domain I typically honestly don't use a timer You'll actually notice a lot of people will like fall asleep or get really close to falling asleep in this period And you could do a triangle version of that where you do an inhale hold exhale and then go right back into your inhale or there's a bunch of different tricks you can try here You need to play around and see what actually works best for you Um 10 minutes is probably better but if you can just at least give me three that'll work If you're really really resistant you can actually do that just in the shower And so if you're gonna finish your workout get in the shower again just close your eyes in the shower Give me three minutes of focused relaxation breathing and that will accelerate the recovery process I love it and I particularly love it because my laboratory works on stress and respiration ok breathing and the interactions between the two And I'll just mention a result that was just accepted for publication So should be out by the time this episode airs Uh Thank you Uh This is the beautiful work of uh not me directly although it took place in my lab But as we know it's the student of post ox you really do the heavy lifting of um Doctor Mali uh Balon uh in my lab a phenomenal researcher that showed that a short period of five minutes of box breathing of exactly the type that you described were uh cyclic sighing So two inhales followed by an extended exhale to lungs empty Ideally the inhales are done through the nose the exhales are done uh through the mouth although it could all be done through the nose um or the mouth for that matter but probably nose nose for inhale inhale mouth for exhale or um uh in inhales through the nose and and exhale through the nose cyclic sighing as we refer to it done for five minutes Both of those produce very significant uh decreases in resting heart rate The over time will increase things like heart rate variability and so on And so forth Um So provided that there are extended exhales it seems like the calming response and the reduction in overall stress occurs The only thing that really send things in the other direction would be something like cyclic hyperventilation I'm sure you've observed that Um And interestingly uh when we had people just do five minutes of meditation which during which of course they are breathing

but they're just allowing their breathing to progress However it happens to be in that moment um or moments across the five minutes Uh There were reductions in the same sorts of markers of stress that I described but not as significant as breathing So I love the Brock breathing tool post workout Um And there's some other alternatives there too uh that I just mentioned but I think people greatly underestimate the potency of breathing for shifting one's nervous system function away from stress or if one wants toward more alertness and stress