

## Jocko's Workout Routine | Jocko Willink & Dr. Andrew Huberman

What is the balance for you in terms of structure and lack of structure And I'm not gonna ask for your daily routine We know that you get up early you train but I do have some specific questions I think would be helpful in putting some meat on the the kind of uh the notions about you And again this isn't to pick into your life but more to to grab Well it's to pick into your life The uh so a question I asked you in the lobby because it's one that you know having seen your content for a long time and really benefited from it I was curious you get up early at about 430 you train every morning How long do you train for And is there any global structure to that And of course everyone needs different programs But is it do you is it like weight training one day cardio training the next day Are you combining them Is it always an hour Is it always half an hour I think people would benefit from getting a little bit more understanding of what that looks like for you with the caveat that everyone has different needs levels of you know background et cetera but I'm intensely curious about this and I'm certain I'm not the only one So do you want to talk about weightlifting or rock and roll on the guitar Uh I want to talk about um let's you let's talk about the most structured first part of your day and then let's talk about the least structured part of your day At least the part that you can share with the with the world Yeah Uh uh waking up early and I'm gonna work out and depending on what's going on that day If I have an early flight I might work out for eight minutes Right I might go in and do 2000 m on the rower Get get a sweat going as hard as I can and then I'm done and because I gotta go catch a flight so that could be happening Maybe I'm supposed to go surfing in the morning I wake up the waves are terrible And so now I've got nothing to do I've I've planned out you know to be surfing for two or three hours and now I'm not gonna go surfing So I'm gonna go I'm gonna go lift and I'm gonna go play in the gym and do a bunch of stuff and I'm gonna spend two or three hours in there I I love doing that So the workout could be anywhere between what I just say Eight minutes and three hours And it could be anything in between I I fully enjoy the the physical aspect of working out So if I have more time to spend in the gym I'll spend it I remember my dad saying at one point if I retired I wouldn't know what to do And II I was thinking to myself are you serious Right now You know if I didn't have anything to do I'd spend six hours a day in the gym I'd

spend four hours doing jiu jitsu Like I could fill my day I could fill every day with just physical activity things that I just like doing Uh but that's so wake up early Get a sweat going and do I lift Yes Do I do cardio Yes Do I run Yes Do I sprint Yes Do I lift heavy weights Yes Do I swing kettlebells Yes Iii I do everything and and anything and I enjoy all of it and I'm not really good at any of it you know I'm not I'm not really good at any one aspect of physical activity I I'm there's people that are infinitely better at me in every aspect of and I'm not just talking about oh this guy is a world class Lim No And there's like a guy named Fred down at the gym that can deadlift more than me There was a guy when I was at Seal team too There was a guy who was probably 57 and he looked kind of chubby and he was older than me and he could run faster than me and he could bench more than me Those guys are out there It was just so bothersome Yeah they're out there They they got some engine in there related to something I mean I do think there are genetic differences in terms of people's resilience and workout but even just grip strength is highly um highly subject to like genetic influences maximum grip strength But of course there's a huge range in what people can develop but I guarantee your grip strength is is greater than mine Um People ask me this all the time who would win an arm wrestling between you and Jago Ma joo who win in Jocko You know there's a lot of technique in arm wrestling Uh I have to imagine they're putting their body behind it They're putting their back that like there is legitimate technique in arm wrestling where yeah there's no like if we could bring a female arm wrestler in here that knows how to arm wrestle because I don't know how to arm wrestle either and she would be both of us Um because there's a lot of there's a lot more technique in arm wrestling than you know than most people recognize There's all these little games that are going on there's all this little arm position that you get So just like everything else it's technique There's a lot of technique in arm wrestling That's good to know I didn't know that about arm wrestling And I think we all start off with some genetic predispositions both good and bad for different things And then there's as far as we know there's a huge range based through neuroplasticity and muscle adaptation et cetera in what we can obtain So I never want genetic predisposition to serve as a barrier No one knows also what the upper limits of any of these things are And some of the best examples we know from sport and certainly from academia are people who knew they were at a disadvantage and just worked 10 times harder than everybody else because they had an ax to grind with their genetic disadvantage which is really cool at the face of it So you get you get the

training and do you track your training in a detailed way Are you keeping track of lifts And so I write down what I do and I'll write down I I write down what I do every day and that way I can go back and say you know what was I doing back then Because I might go through some phase where I'm trying to do more pull ups or I'm trying to deadlift more and I'm trying or what whatever the whatever the thing is I'll go back because I got bored of deadlift after a while and let's face it If you just want to be a good deadlifter you're not gonna be that fast right You're you're gonna be slow on long runs So you don't want to go too deep into deadlift and you also don't want to be so good at long runs that you can't deadlift you know a good amount of weight So I gotta go through phases and I'll get into something for a while and I'll get into something else So I do log down what I'm doing so I can look back and say oh dang you know I I'm I'm not even close to as strong as I used to be I need to get back to that I'm fascinated by the concept of energy I think it's one of the most interesting aspects in all of biology all of psychology and all of life And what when I say energy I mean um the distinction between being back on your heels flat footed or forward center of mass you know and I get the impression and I think everyone gets the impression that you're somebody with a lot of energy and I wonder whether or not you wake up with a lot of energy and you feel like you have to burn it off with this physical activity and and work and other demands in your life or do you find that you wake up and your energy is kind of neutral and exercise and physical activity gives you energy because I think this is one of the key things out there I think that acts as a barrier for people doing more with their body because they maybe they don't want to tire themselves out or maybe they don't feel like they have enough energy to begin with It's also feeds into this idea that oh you know some people just have a lot of energy they're really physical and other people aren't so on let's just say on most days do you wake up feeling like you want to burn off energy build energy What does exercise mean to you And then maybe we can talk about some of the underlying stuff going on there because I think we both might find it interesting I I would say it's both right There's no way I can sit here and say oh yeah every day that alarm clock goes off And I'm like oh yeah let's rock and roll Not certainly that's not the case It's also certainly not the case that every day I'm like oh God not again No Uh I'd say most of the time the alarm clock goes off And I I don't think a bunch like when my alarm clock goes off I I don't I I don't think a bunch I don't debate with myself I'm not negotiating I I just the thing goes off and I'm doing what I'm supposed to do

sort of robotic Now I this this much I can say when you go and work out you're gonna feel better you will get energy from working out you That is that is a guarantee If you go work out you're gonna feel better If you go break a sweat you're gonna feel better This is you're gonna get more energy from it and look you gotta go really really hard to where now you feel more tired when you're done and even that I mean you gotta go psycho I'll do that occasionally but I don't do that on a daily basis You know at the end of the day if I wake up lift run surf and then I do jiu jitsu in the afternoon like at the end of that day I'm tired and I feel tired Uh but normal day working out just makes you feel better definitely gives you definitely gives me energy I should say because I guess I'm not everybody Yeah it's I think it's a very important point because one of the things that we are learning from circadian biology you know time of day effects and sunlight and all that stuff that we talk about in our podcast that you've done intuitively right This is what we have arrived to the last time we had a conversation is that so many of the things that science is telling us to do and that we emphasize on the podcast this podcast you've been doing or are built into military schedules and one of them is this notion of waking up early and getting physical early in the day And I suppose if we were to just throw one blanket rule on the table to encompass the broadest number of themes it's that once every 24 hours we each and all get a big increase in this release of the hormone cortisol which everyone says oh cortisol it's terrible You know he's gonna burn you out adrenal burnout all that stuff But it's a nonnegotiable peak and you want it to arrive early in the day and viewing sunlight physical activity caffeine and in particular intense exercise all amplify that cortisol peak In fact I think it the numbers I'm seeing is just sunlight viewing gives you a 50% increase in that cortisol exercise on top of that another 50 to 75% increase So this huge release in this hormone that everyone thinks is terrible but actually sets this huge wave in motion for the rest of the day which gives you more energy higher levels of immune function more focus et cetera And does indeed as you mentioned in your example of your daily life sets a timer So that about 14 to 16 hours later you're sleepy which is what you want 14 to 16 hours later unless of course you're running vampire shifts in the military or you're on shift work but most people aren't Of course So I think the idea that movement and exercise gives us energy I think is an important idea And it's something that I was frankly I was hoping your answer would be that as opposed to that you know you wake up every day and you just wanna just attack the world because you have so much energy getting out of bed

because frankly I never feel that way but I always feel better after I train always And of course there are times when I crash in the early afternoon if I train really really hard but usually that's when I over caffeinate to an outrageous degree And then I don't nourish after or I over nourish So this is the other thing that eating the whole rest and digesting the digest word in there is meant to for it's there for a reason which is that when we eat a really big meal we actually need to slow down So I hate to get into daily schedules at the level of nitpicking and nutrition is about the most controversial topic on the internet Um but do you nourish after you train And if you do do you do it to the point where you're kind of like ok I'm mostly full or I'm full Are you trying to like really nourish yourself or do you find that eating slows you down I find that eating slows me down And I I would say again this it's weird how some of this stuff is like the main reason I got in the habit of waking up early and working out is if you do it before anyone else is awake then they can't bother you and you can get stuff done right You go to the Seal team and you get there before anyone else is there No one can say hey can you help us with this Hey no one sent you emails You get you get that time you get it done and and and it's yours right I remember when you were on my podcast and I don't wear sunglasses when I run in the morning because I sweat and it fills my sunglasses It's not because I wanna let the UV light into my eyes That's not cortisol It's not for the cortisol I didn't know that it's cool that I know it now but I just did it because I don't want to sweat and my sunglasses can't see So I just run without them and put a hat on Uh as far as eating I don't like to do physically active things with food in my stomach I I that's just the way it is And so I don't want to And what really keeps that in line for me is I'm doing jiu jitsu in the afternoon And so if I'm eating a big lunch by the time the afternoon rolls around I'm kind of uh I got food in my gut and I just don't like that feeling So No I don't eat a big meal until I'm kind of done with the physical stuff for the day which is usually at night 67 o'clock at night which I guess there's some bad things about that I eat too late Well the data say you know if you're yeah this we could go down a rabbit hole with this and then someone's going to pull up some little clinical study and then another one that counters that I mean I think the data essentially say that having a regular meal schedule that allows you to sleep well at night whatever that means for you And that allows you to be active and focused when you need to be active and focused That's the ideal schedule