

How to Build Your Weekly Workout Program | Jeff Cavaliere & Dr. Andrew Huberman

One of your mantras is uh you know if you want to look like an athlete train like an athlete and I think that's something really special that sets aside what you do from what a lot of other um very well qualified people do And in terms of the use of weights and resistance whether or not it's body weight or weights in the gym or pulleys versus cardio you know in terms of overall health aesthetics and athleticism is there a way that you could point to you know the idea that maybe people should be doing you know 50% resistance training and 50% cardio maybe it's 70/30 maybe it's 30/70 And and here I'm talking about the typical person who would like to maintain or maybe even um add some muscle mass probably in particular areas for most people as opposed to just overall mass Although we'll talk about that later and people want to maintain a relatively low body fat percentage and be in good cardiovascular health What's the sort of contour of a basic program that anybody could think about as a starting place Um I I think it's like a 60/40 split which would be leaning towards uh weight training you know strength and and and uh and then you know the conditioning aspect be about 40% So if you look at it over the course of a training week I mean five days in a gym would be a great task you know obviously not in the gym it could be done at home but three days strain training Monday Wednesday Friday conditioning Tuesday Thursday you know two days it's a it's a pretty easy roundabout way to split that up of course depending upon training goals And as you said the aesthetic goals like that will shift dramatically But if you want to see the benefits of both that's probably the the effective dose for strength training and the effective dose for conditioning at the bare minimum level Again being a much better performer conditioning wise you're gonna wanna do more than that And in terms of the duration of those workouts what's your suggestion I I've been weight training for about 30 years running for about 30 years Um and mainly for health and have found that if I work hard in the gym or at resistance training for more than 60 minutes or so it's very hard for me to recover I start getting colds I start getting weaker from workout to workout But amazingly at least to me if I keep those workouts to about 10 minutes 10 minutes of warm up and 55 0 minutes or so of really hard work for resistance training And I keep the cardiovascular work to about 30 to 45 minutes I feel great and I seem to make some progress at least someplace in

the workout from workout to workout Yeah I mean it's those are good numbers because those are the kind of numbers that we usually preach we try to keep our workouts to an hour or less if possible Now depending upon the split that you're following if you're on a total body split there's just gonna be more that has to be done in a given amount of time Um That and again if you're training primarily for strength that could prolong the workout cause the longer rest time in between sets But in general when you're not focused on that one aspect but the overall health picture then you can get the job done in in under in under an hour And again I always say on top of if if you wanna look like an athlete train like an athlete is you can either train long or you can train hard but you can't do both And I really believe that the focus for me I have a busy life I have a lot of other things that I do believe it or not And it's like I I wanna go hard and I wanna go get out and I find that my body also responds to that and I think a lot of guys bodies respond to that and particularly as you start to get older I think it's the it's the length of the workout that actually causes more problems than the intensity of what you're doing particularly if you're warmed up properly Like you said I found personally that my warm up has had to become more of an integral part of my my workout than it ever has before I never I could get in the gym when I was 20 I'm going right over I'm doing the one set two sets I'm in and I'm ready to go you know and I never do another workout warm up set for any of the other exercise I do the rest of the day Um that's not that's not true anymore you know and I found that as long as I'm willing to sort of give myself a little bit of a warm up the intensity is not what bothers me You know I'm I'm I'm very much in control of the weights that I use and it doesn't bother me But if I start to go pretty long I start to feel achy or I start to have problems So again depending upon age that also plays a factor in the length but again I think everybody can achieve on on a standard program can achieve the results that they want within an hour