

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

<https://silosolo.com/509558>

Summary

The recommended split between resistance training and cardio for overall health and aesthetics is 60% resistance training and 40% cardio. A basic program could consist of 3 days of strength training (Monday, Wednesday, Friday) and 2 days of conditioning (Tuesday, Thursday). Resistance training workouts should be kept to about 10 minutes of warm-up and 50 minutes of intense work, while cardiovascular workouts should be about 30 to 45 minutes. It is better to train hard rather than train long. Age can play a factor in determining the length of a workout.

Silo sample questions

- What is the recommended split between resistance training and cardio for overall health and aesthetics?
- How should a basic program be structured for someone looking to maintain or add muscle mass and improve cardiovascular health?
- What is the suggested duration for resistance training and cardiovascular workouts?
- Is it better to train long or train hard?
- What factor can affect the length of a workout?

Topics

Resistance training

Cardiovascular health

Workout duration

Training intensity

Age

Key Takeaways

- The recommended split is 60% resistance training and 40% cardio.
- A basic program could consist of 3 days of strength training (Monday, Wednesday, Friday) and 2 days of conditioning (Tuesday, Thursday).
- Resistance training workouts should be kept to about 10 minutes of warm-up and 50 minutes of intense work. Cardiovascular workouts should be about 30 to 45 minutes.
- It is better to train hard rather than train long.
- Age can play a factor in determining the length of a workout.

[Click here for the full transcript](#)

[Click here for the source](#)