

# CARDIO

Edited by Laura Roberson

BULLETIN

## Victory Lapse in Judgment

Drink some H<sub>2</sub>O before you hit the postrace party. In an Australian study, dehydrated cyclists who drank alcohol after exercise were worse judges of their own intoxication and more likely to drive drunk than hydrated athletes. Dehydration makes it hard to discern whether you're tipsy or just tired, says study author Chris Irwin, Ph.D. A celebratory beer isn't bad—just order it with a glass of water.

ON OUR RADAR

## CHEAP AND EASY RUBDOWN

Don't have a foam roller yet? Go out and buy one: **A short postworkout massage can speed muscle recovery**, according to scientists at McMaster University. They discovered that 10-minute leg massages reduced cyclists' postexercise inflammation. The athletes also saw improvements in mitochondrial function, which can speed healing, says researcher Simon Melov, Ph.D.

## TREADMILL VS. KETTLEBELL

Treadmill isn't always better. New research from Truman State University reveals that **running may burn more calories than a kettlebell routine**. Treadmill runners torched nearly 5 more calories a minute than people who did kettlebell swings at the same level of effort. To kick up your cardio, jump rope between sets of swings, suggests study author Jerry Mayhew, Ph.D.

## The Paleo Workout

Cross-training didn't start with CrossFit—it began with cavemen. Early man's daily activities—hunting, foraging, stacking rocks—required endurance, flexibility, and strength, says cardiologist James O'Keefe, M.D., who wrote a recent paper on the topic. You may never stalk a saber-toothed tiger, but you can steal the training style of hunter-gatherers.

<b>CARRYING MEAT TO CAMP</b> BACKPACKING	350
<b>HUNTING/STALKING ANIMALS</b> INTERVAL TRAINING	310
<b>STACKING ROCKS</b> WEIGHTLIFTING	220
<b>BUTCHERING LARGE ANIMALS</b> SPLITTING WOOD	200
<b>RUNNING IN THE FOREST</b> BAREFOOT RUNNING	400
<b>FORAGING FOR PLANT FOODS</b> PULLING WEEDS	170

■ Hunter-gatherer task    ■ Modern equivalent    Calories burned (per half hour)

## THE SWIMMER'S TUNEUP

Make (sound) waves in your lane. **Listening to music while you swim can shave seconds off your time**, a new study in the *Journal of Strength and Conditioning Research* found. Tuned-in swimmers not only enjoyed exercising more but also moved significantly faster than those who swam in silence. "Music gives you a diversion from muscle soreness, boredom, and fatigue," says study author Sheldon Retchin, M.D. Pair a waterproof MP3 player with headphones that transmit tunes by bone conduction, such as the SwiMP3 (coinvented by Dr. Retchin) or Audio Bone. Bone conduction prevents sound quality from being compromised by water in your ears.

For up-to-the-minute cardio tips, go to [news.MensHealth.com](http://news.MensHealth.com).

# 25.5

NUMBER OF SECONDS ELITE MALE MARATHONERS SPEND DRINKING WATER DURING A RACE

Source: *Clinical Journal of Sport Medicine*

Photograph by TRAVIS RATHBONE; prop styling: Ariana Salvato/Apostrophe