

Best Practices for Podcast Recording.

Here are some tips for setting up a great interview.

Before recording, make sure the host and guest stay hydrated. If possible, have a glass of water without ice while recording. This helps avoid clicks, pops, and a croaky voice.

Chair Placement:

In the best case scenario, Person A and Person B should sit about 3–4 feet apart, angled about 20–30° toward each other. Leave some space behind them for depth (4–6 feet from the background if possible).

Of course, this won't always be possible, so the most important thing is to have the chairs slightly angled, so they're not directly facing each other or directly forward. It doesn't matter who sits in either chair.

Camera Setup:

The best option is to use three cameras. If that's not possible, then the bare minimum is two cameras. Make sure all cameras are using the same frame rate as each other. Either 24fps or 30fps. If three cameras are used, set all cameras to a resolution of 1080p. If two cameras are used, if possible, set one of them to 4k resolution. Keep in mind that 30 minutes of recording at 4k will take almost 6 gigs of space. So make sure there's enough free space to record in 4k. Try to avoid using the zoom function, and physically move the camera to frame the shot.

Camera One:

This should be a wide shot of both people. If you're only using two cameras, this should be the one set to 4k resolution. Try to frame it so each person is off center and not at the edge of the frame. Also, try to leave some space above their heads. Recoding in 4k gives the option to zoom in when editing and not lose any quality. Leaving room above their heads also helps frame the shot better for vertical clips.

Camera One



Camera Two

In this example, the guest should be placed to the right of camera one. It should be a close-up of the guest, with camera one, camera three, and the interviewer not in the frame. The guest should be slightly off-center and there should be some space above their head.



Camera Three, if available

In this example, camera three should be on the left of camera one. It should be the opposite of camera two. It's a close-up of the host. Make sure camera one, camera two, and the guest are not in the frame. It's best to have the host slightly off-center and leave some space above their head.



Two Hosts or Two Guests

If there are two hosts or guests, try to frame both of them in one of the close-up cameras. If you can, record in 4K. Also, try not to have either one in the center of the frame.

