

Health Topic of the Month

November 2011

Interval Training

INTRO

Interval training is a great way to change your routine, increase results, save time and burn more calories! Basically interval training is exercise which consists of activity at high intensity for a period of time, followed by low intensity exercise for a period of time. These 'sets' are repeated. Setting a certain speed on a treadmill and running until you are tired is not the only way to use the treadmill. This steady state type of cardio exercise is not the most effective way to burn calories either. Interval training may be more effective at inducing fat loss than simply training at a moderate intensity level for the same duration. This is due the metabolism boosting effects of high intensity intervals



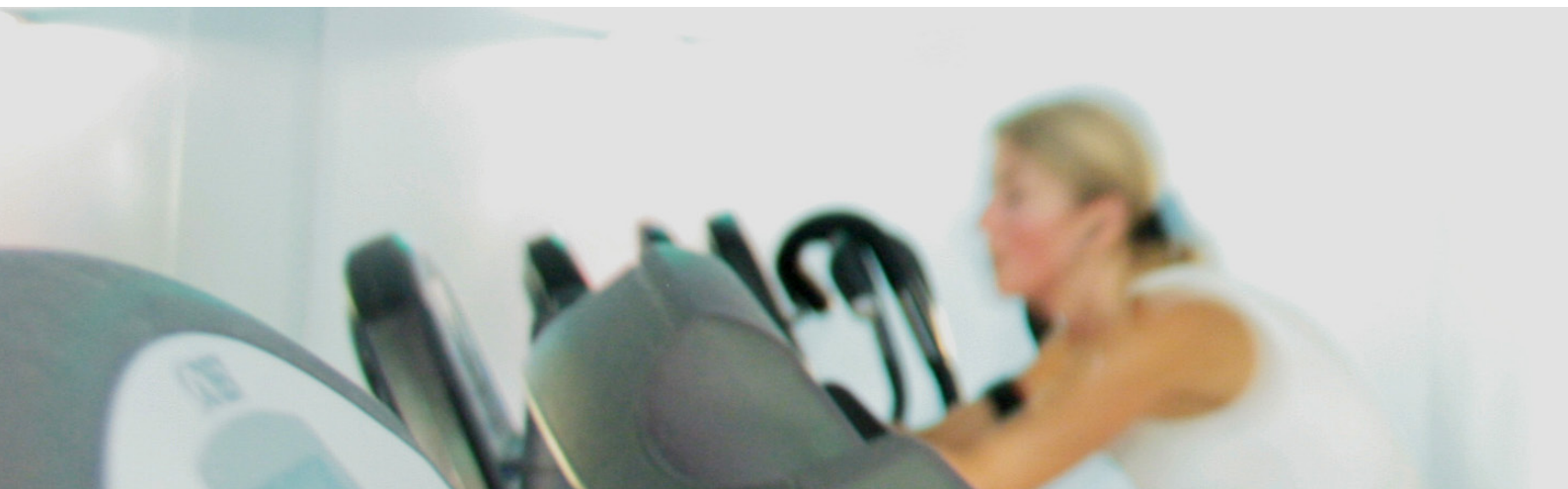
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Why

According to IntervalTraining.net, high intensity interval training, or HIIT, is a method of interval training that uses short bursts of intense exercise -- usually less than 20 minutes -- that burn up to nine times as much fat as a typical cardio workout. This type of exercise trains both your aerobic and anaerobic systems. HIIT also gets you into better shape than steady state cardio and all in a shorter period of time.



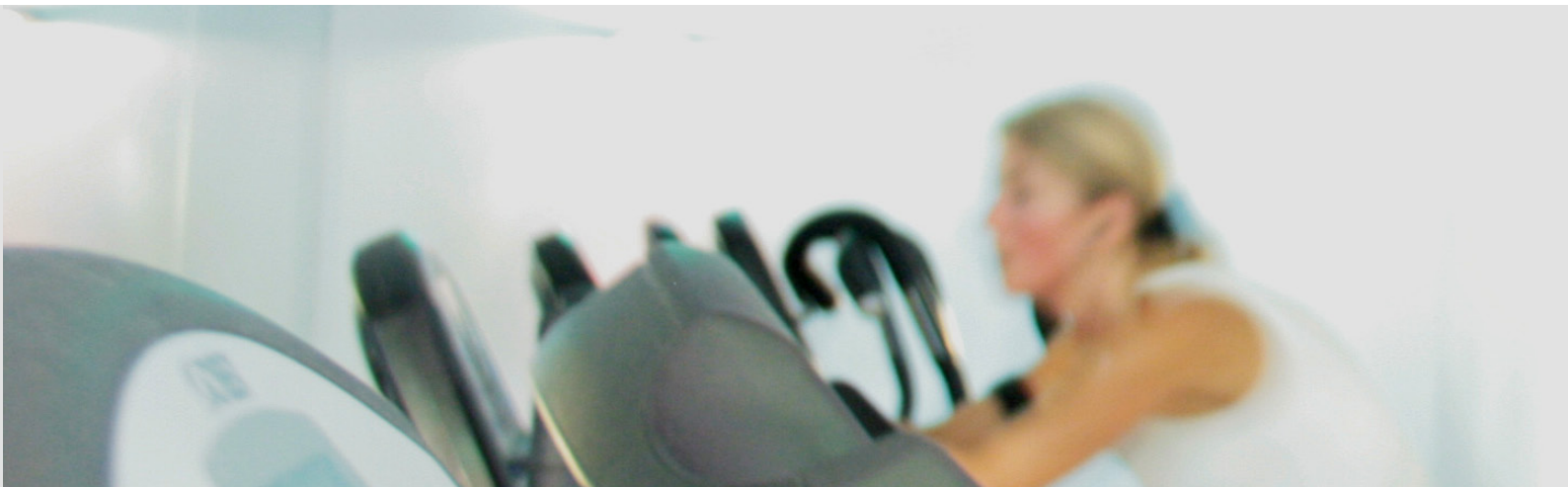
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How

You are in charge of the intervals and how hard you work during the work sets. The idea is to work harder than usual in your work sets and to fully recover during the low intensity intervals. Doing HIIT will raise your heart rate to near maximum levels. According to the Brian Mac Sports Coach website, you can determine your maximum heart rate by multiplying your age by .85 and subtracting that number from 217. Your target heart rate zone for HIIT is 80 to 90 percent of your maximum heart rate. You can wear a heart rate monitor during exercise to ensure that you are hitting the proper rate.



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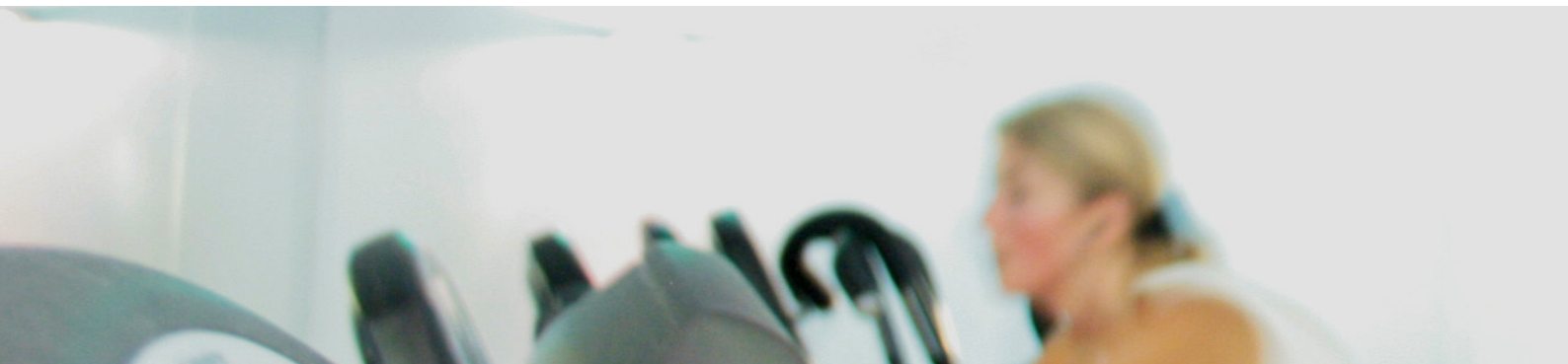
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Workouts

Interval training can refer to type of any cardiovascular workout (e.g. cycling, running, rowing, kettle bells etc.), and is prominent in many sports' training.

Interval Variation I: Standard

- 3 – 5 minutes warm-up (light ride, low intensity, gradually increasing at the end of the warm up period)
- 1 minute moderate or high intensity followed by 1 minute low intensity (repeat 6-8 times)
- 3 – 5 minutes cool down (light ride, low intensity, gradually decreasing by the end of the cool down period)



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Interval Variation II: Pyramid

- 3 – 5 minutes warm-up
- 30 seconds high intensity, 1 minute low intensity
- 45 seconds high intensity, 1 minute low intensity
- 60 seconds high intensity, 1 minute low intensity
- 90 seconds high intensity, 1 minute low intensity
- 60 seconds high intensity, 1 minute low intensity
- 45 seconds high intensity, 1 minute low intensity
- 30 seconds high intensity
- 3 – 5 minutes cool down

Interval Variation III: Sports Conditioning

- 3 – 5 minutes warm-up
- 2 minutes moderate or high intensity followed by 2 minutes low intensity (repeat once)
- 30 seconds high intensity followed by 30 seconds low intensity (repeat four times)
- 60-yard sprints (or 10 seconds) followed by 90 seconds rest (repeat 6 - 10 times)
- 3 – 5 minutes cool down

Good luck from Vicky and the gym team

