

HIGH INTENSITY INTERVAL TRAINING (HIIT)

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WHAT IS HIIT?

The term interval training is used in fitness to describe many different forms of exercise. At its most basic level, the definition of interval training is a period of high-intensity work followed by a period of low-intensity recovery with a work-rest ratio of 1:1. Thus for every second, you are training, you are resting for 1 second.

For example, if you sprint for 30 seconds, you then rest for 30 seconds. When performing interval training, the time spent training varies, but each interval usually lasts between 30 seconds and 5 minutes anything over 5 minutes is probably too long and you won't be able to maintain the intensity for that duration.

Anything under 30 seconds would require an increase in intensity that would have to be followed by a longer rest period, therefore resulting in work and rest periods that are uneven.



DESIGNING A HIIT PROGRAM

To select the proper intervals and intensity you need to know your steady-state pace. If you do not know your steady-state pace, you are likely to make your workout too hard or too easy. So how do you work out your steady-state? So if you could run at 6 miles per hour (9.7 km/h) on the treadmill for 30 minutes. This would be your steady state. So find the pace that works for you by performing a 30 minute run on the treadmill at a pace that you can sustain for that length of time.

To design your interval program, you first need to decide how long your intervals are going to be, the longer they are (3-5 minutes), the more your program focuses on cardiovascular endurance; the shorter they are (30 seconds to 1 minute), the more your program focuses on speed and lactate threshold. Let's say you choose to go in the middle and decide that each interval will be 2 minutes long. You know your steady state is 6 miles per hour (9.97 km/h), so you want to start from here. You want to maintain that average intensity, so at the end of the workout, you want the average intensity to be 6 miles per hour (9.7 km/h). The easy way to do this is to remember that however much you go up from the steady state, you need to go down the same amount. You have 2 ways of doing this...

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Example 1 - Fast: 7 miles per hour (11.3 km/h) for 2 minutes, slow: 5 miles per hour (8 km/h) for 2 minutes.

Example 2 - 8 miles per hour (12.9 km/h) for 2 minutes. Slow: 4 miles per hour (6.4 km/h) for 2 minutes.

The difference between example 1 and example 2 is that in example 1, you are running the whole time, whereas in example 2 you would most likely be walking the slower interval. Once you have chosen an interval, you then need to decide how many intervals you are going to complete. Currently, with the example, one full interval takes 4 minutes to complete (2 minutes fast, 2 minutes slow). If you were to complete 5 rounds of this, it would be a 20-minute workout. Normally, interval training lasts 10 to 30 minutes. It can be part of a longer workout, such as 10 minutes of interval training followed by 20 minutes steady - state training.

Now we have covered exactly what interval training is, how you can work out your steady - state and choose your interval training method, we will now cover the benefits of performing this type of cardiovascular training.



THE TOP 5 BENEFITS OF HIIT

#1 - There's no equipment necessary

HIIT can be performed anywhere, whilst running, biking, jump roping, and rowing all work great for HIIT, you don't actually need any equipment to get it done. High knees, fast feet, or anything plyometric like jumping lunges work just as well to get your heart rate up fast. After all, that is the main aim.

#2 - Burns calories and fat in a shorter period of time

HIIT is great if you have a limited amount of time to work out. Perfect for you to squeeze in a workout during your lunch break. Studies show that 15 minutes of high-intensity interval training burns more calories than jogging on a treadmill for an hour.

#3 - Increases your metabolism

The beauty of HIIT is that it increases your metabolism enabling your body to burn more fat whilst at rest. This happens because HIIT triggers a reaction called Excess Post-Exercise Oxygen Consumption (EPOC). EPOC is the measure of the elevation of metabolism after a training session.

#4 - Challenging

HIIT is great for mixing your training routine up and can help you break through a plateau.

#5 - Increased lactate threshold

Your ability to handle increased lactic acid buildup in your muscles increases.



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DATE & TIME		11 / 08 / 2016		AM/PM		"Excuses don't burn calories"				GYMPAD					
MUSCLE GROUP(S)		Back + Bicep													
EXERCISE	SET	REPS	WEIGHT	REST	EXERCISE	SET	REPS	WEIGHT	REST	EXERCISE	SET	REPS	WEIGHT	REST	
1. Barbell Row	1	10	60kg	1min	4. TRX Row	1	10	B/W	30s	5. Dumbbell Curl	1	8	20kg	1min	
	2	8	65kg	1min		2	10	B/W	30s		2	8	20kg	1min	
	3	6	70kg	1min		3	10	B/W	30s		3	8	20kg	1min	
	4	4	75kg	1min		4	10	B/W	30s		3	8	20kg	1min	
2. Lat Pulldown	1	10	60kg	1:30	6. Preacher Curl	1	10	12kg	1min	CARDIO	TIME	DISTANCE	CALORIES BURNT	NOTES: 10 Minute Row Warm up	
	2	10	60kg	1:30		2	10	12kg	1min						
	3	10	60kg	1:30		3	10	12kg	1min						
3. V Bar Row	1	8	80kg	1:30	4	10	12kg	1min							
	2	8	80kg	1:30											
	3	8	80kg	1:30											
	4	8	80kg	1:30											

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