



HIGH INTENSITY INTERVAL TRAINING

Take the HIIT! If you want to improve your fitness and build muscle mass, high intensity interval training may be right for you.

What is HIIT?

High intensity interval training is a strenuous, fast workout. It follows the pattern of intensive exercise, followed by a short period of recovery and a repeat. The cycle continues until the exercise session ends, usually within a 20 to 30 minute maximum time frame, or sooner if you are too tired to continue. Recovery periods must be taken and are key to successful HIIT.

Is HIIT right for me?

- › You are an exercise beginner – some activity/fitness level is required to start
- › You are at an intermediate fitness level and want to improve your fitness
- › You are a seasoned athlete looking for a new challenge

You must be

- › injury-free
- › healthy, with no current heart or orthopaedic conditions
- › if you are over 50 or have high blood pressure or diabetes, you need a physical examination and doctor's approval before you start



Motivation

You'll need to be serious about HIIT and ready to work at your hardest. It's tough. It's taxing. It hurts. HIIT is strenuous and risk of injury is high.

If you are a beginner, you will likely need guidance from a personal trainer on how to do various aerobic exercises safely. This will

ensure that you get the best from your workout and can help to prevent injury. The big positive with HIIT is that beginners see fitness results and benefits in a much shorter time frame.

Benefits of HIIT

- › you can do it anywhere
- › no equipment needed
- › improves aerobic fitness
- › builds muscle
- › improves cardiovascular health
- › improves endurance
- › helps you lose weight (burns more calories)
- › continued calorie burn after the workout
- › improves sporting performance
- › boosts metabolism
- › it's fast – you don't need to spend hours in the gym
- › mix it up – prevent boredom



HIIT programmes

The framework for any HIIT exercise programme remains the same, regardless of the type of exercise chosen. It can be successfully done with an aerobic programme which includes a combination of strength, cardiovascular and core strengthening exercises as well as walking, jogging, cycling, sprints or with a skipping rope, treadmill or stationary bike. HIIT should only be done two to three days per week and can be combined with two days of moderate cardio training, if desired.

Here are some examples of HIIT exercises:



Aerobic

- › Warm up exercises
- › A sequence of different exercises performed for 30 seconds at high intensity
- › exercises include push-ups, squats, sit-ups, side lunges, jumping jacks etc.
- › 10 seconds rest period
- › Repeat for a total of 5 rounds (20-25 minutes or fatigue)

Sprints

- › Warm up exercise
- › 30 to 40 seconds sprint
- › 15 to 20 seconds jog or walk
- › Repeated for 20-25 minutes or fatigue



Stationery bike

- › Warm up exercise
- › High intensity (90%+)
- › Low intensity (50%)
- › Repeat – 20-30 minutes or when too fatigued
- › Cool down

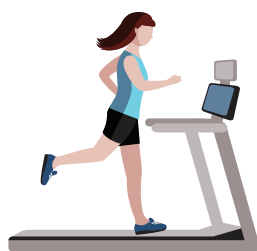
Treadmill

- › Warm up exercise
- › 20 seconds of intense walking/jogging (beginners); 40 seconds - slow pace
- › 30 seconds of intense walking/jogging (intermediate); 30 seconds - slow pace
- › 40 seconds of intense walking/jogging (very fit/advanced); 20 seconds - slow pace
- › Repeat 10 times.



Resources:

www.self.com
www.livestrong.com
www.natural-genetics.com
www.fast-exercise.com
www.hiitacademy.com



5 HIIT REGIMENS

These HIIT regimens were named after the trainers or researchers who perfected them.

Tabata regimen

- › 20 seconds of your chosen exercise – high intensity level
- › 10 seconds rest period of low intensity walking (or your exercise at low intensity)
- › 8 reps

Gibala regimen

- › 3 minute warm-up
- › 60 seconds of intense exercise
- › 75 seconds of rest
- › 8 to 12 reps
- › 5 minute cool down

Zuniga regimen

- › 30 seconds (at 90%)
- › 30 seconds rest interval
- › 10 reps

Coe regimen

- › warm up
- › sprint for 200 metres
- › rest for 30 seconds
- › repeat sprint
- › build up to 10 sprints (as fitness increases)

Timmons regimen for exercise bikes

- › warm up
- › pedal slowly for two minutes
- › pedal for 20 seconds at max
- › continue for 21 minutes (if you can – stop if you are fatigued)
- › repeat three times per week
- › you can also use the routine for running

PLAY IT SAFE

- › If you haven't exercised before, always check with your doctor before you start on a programme.
- › Do not exercise on an empty stomach – have a moderate/high carbohydrate snack with protein about two to three hours before your session.
- › Always warm up and cool down before a session.
- › Learn the correct way of doing the exercise – this will help to prevent injury.
- › Keep hydrated during the session.
- › Eat a carbohydrate/protein combo (3:1) meal about 30 minutes after your workout.
- › If you are stiff or sore after an HIIT workout, give yourself two to three days to recover.
- › Stop exercising if you experience extreme light-headedness, chest pain or you are unable to breathe.
- › Do not exercise if you are sick or feeling fatigued.