

HIIT Training

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What is HIIT and how is it different from Interval Training

Interval training is very similar to HIIT training - only the intensity is different. High intensity interval training lasting 20 minutes or less where as interval training can last longer. Both interval and HIIT training focuses on exercises that use major muscle groups, compound movement and high intensity training . Interval and HIIT tap the energy sources inside the muscle .

The reason that High Intensity Interval Training works better for fat loss is this: When you do a cardio session at the same pace the whole time, your body goes into what is called steady state. This means that your body has adjusted itself to the speed you are going and tries hard to conserve energy (calories). You will be able to avoid this and burn more calories and FAT by doing the interval training.

Keys to Quality HIIT -

1. HIIT is not done on consecutive days as this type of training requires highest intensity effort. Muscles need to replenish and rest - so do every other day.
2. Eat within ½ hour of workout – something that is easily digestible.
3. Always keep the body guessing - change up the routine often. 8 weeks is max for one training modal . Take a week off after 8 weeks and train a different way.
4. Always warm up and cool down
5. Vary time work to rest intervals
6. Time Bouts and count reps for each bout so that measurable results can be seen

Examples of HIIT for every fitness level

Beginner - 1 minute walk / 1 minute jog. – 30/30. 2-4 times per week

Intermediate - 1 minute jog / 1 minute run – 30/30 3-5 times a week – 20 minutes

Advanced - HIIT - after 5 minute warmup perform all out sprints as long as you can followed by 1 minute jog - 5-20 minutes

TABATA Training

One of the best ways to loose weight without loosing muscle in a very short period of time is a training routine called Tabata. Tabata is named after Izumi Tabata a former researcher at Japan's National institute of Fitness and Sports in Kanoya, Japan. The Tabata training protocol is very simple but very intense. The training time is only 4 minutes but don't be fooled by the short duration. This is the 4 hardest minutes of any training routine you will ever do.

Here is how it works - After a warmup of 3-5 minutes an exercise is performed to

failure for 20 seconds. There is then a 10 second rest followed by another 20 second bout of intensity. There are 8 cycle of this to make up the 4 minutes. Any exercise that is intense and can ramp up very quickly will work for Tabata - sprints, hill repeats, jump roping, plyometric jumping are all examples of tabata exercises.

Tabata training requires rest and should not be attempted on subsequent days. You need to have a solid baseline of strength and endurance to attempt Tabata

TABATA Circuit 1

One exercise - -prone knee tuck and push up

20 seconds to failure / 10 seconds rest – 8 sets – 4 minutes

TABATA Circuit 2

4 stations / 4 exercises / 4 groups

1. Split Squat jumps
2. Jack knife V sits
3. High knee run with med ball
4. Gliding Burpees

20 seconds per station / 10 seconds to walk to next station

Each station performed twice but not repeated (example - 1-2-3-4-1-2-3-4)

4 minutes

TABATA Circuit 3

8 exercises / all performed in one group with instructor as counter and previewer

1. Split lunge jumps
2. Low lunge repeaters (Gliding)
3. Med ball squat jumps with figure 8s
4. Get Down and Get Up
5. Gliding Swim
6. Plie click jumps
7. Gliding prone twist tucks
8. Ready Ready Set

20 seconds per exercise / 10 seconds to see next exercise / 8 20 second sets

TABATA Circuit 4

4 exercises / each repeated x2 / 20 seconds with 10 seconds rest

Group chooses exercises

Example

1. Sprints
2. Squat with over head press
3. Lunge with row
4. Kettle bell swing with wide squat

Thanks so much for your 100% effort!
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