

Training with Limitations: Time

Too often, we all find ourselves battling to complete everything we need to, within 24 hours. Between professional requirements (on and off “the clock”), family needs, personal development time, sleep, etc., it can be a struggle to find training time. These workouts are relatively short, but extremely effective in accomplishing various goals.

#1. High Intensity Interval Training (HIIT)

Time: 20 Minute or 10 Minute Variation

Components Trained: Anaerobic Cardio

1. Pick any exercise (these are just samples)
 - Track Sprint
 - Stationary Bike
 - Rower
 - Swim
 - Burpees
 - Jump Rope
2. Warm-Up (5 Minutes)
 - Perform 2-3 rounds at 50% effort
 - Ballistic/dynamic stretching
3. HIIT (20 or 10 Minute)
 - Set your watch for either 20 or 10 minutes
 - Starting from zero, execute 1 minute of work followed by 1 minute of rest for 10 total rounds (20 Minute) **OR** execute 30 seconds of work followed by 30 seconds of rest for 10 rounds (10 minute)
 - Max effort each round! Clock your distance or reps achieved each round and constantly seek to improve in future sessions
4. Cool Down (5 Minutes)
 - Walk slowly until you reach your resting heart rate, record this amount of time and compare to future sessions (time to reach resting heart rate should decrease)
 - Static Stretching

#2. Metabolic Conditioning Circuit (METCON) For Fixed Time

Time: 20 Minute or 30 Minute Variation

Components Trained: Muscular Endurance, Aerobic Cardio

1. Decide if your focus is full body, upper body, lower body, push, or pull
 - o Full body, upper body, or lower body are recommended
2. Pick six exercises for a circuit which target your focus
 - o Alternate opposing motions. For example, in a full body METCON, follow some rotation between Lower, Push, Pull
 - Ex 1: Squat
 - Ex 2: Military Press
 - Ex 3: Bent Over Row
 - Ex 4: Lunge
 - Ex 5: Weighted Push-Up
 - Ex 6: Chin-Up
3. Warm-Up (5 Minutes)
 - o Perform 2-3 rounds of bodyweight exercises for the focus (samples)
 - Push-Ups, Pull-Ups, Sit-Ups
 - Bodyweight Squat or Lunge
 - o Ballistic/dynamic stretching
4. METCON (20 or 30 Minute)
 - o Set your watch for either 20 or 30 minutes
 - o Execute as many rounds of the six-exercise circuit as possible, within the allotted time. AMRAP (as many rounds as possible)
 - o Max effort, but pace yourself and use good form! Many athletes cheat form in the pursuit of a higher round count, don't do it
5. Cool Down (5 Minutes)
 - o Walk slowly until you reach your resting heart rate, record this amount of time and compare to future sessions (time to reach resting heart rate should decrease)
 - o Static Stretching

Don't stop work until the time is up. If you are in the middle of a round at the 20 or 30 minute mark, record your progress when the time stops. Then, finish the round. Constantly seek to improve in future sessions, but don't cheat on form!

#3. Metabolic Conditioning Circuit (METCON) For Fixed Rounds

Time: TBD

Components Trained: Muscular Endurance, Aerobic Cardio

1. Decide if your focus is full body, upper body, lower body, push, or pull
 - o Full body, upper body, or lower body are recommended
2. Pick six exercises for a circuit which target your focus
 - o Alternate opposing motions. For example, in a full body METCON, follow some rotation between Lower, Push, Pull
 - Ex 1: Squat
 - Ex 2: Military Press
 - Ex 3: Bent Over Row
 - Ex 4: Lunge
 - Ex 5: Weighted Push-Up
 - Ex 6: Chin-Up
3. Pick an objective for total rounds to accomplish (3, 4, or 5 are ideal)
4. Warm-Up (5 Minutes)
 - o Perform 2-3 rounds of bodyweight exercises for the focus (samples)
 - Push-Ups, Pull-Ups, Sit-Ups
 - Bodyweight Squat or Lunge
 - o Ballistic/dynamic stretching
5. METCON
 - o Start your timer
 - o Execute the planned # of rounds
 - o Max effort, but pace yourself and use good form! Many athletes cheat form in the pursuit of a higher round count, do not do it
 - o Stop the timer when complete with objective # of rounds
6. Cool Down (5 Minutes)
 - o Walk slowly until you reach your resting heart rate, record this amount of time and compare to future sessions (time to reach resting heart rate should decrease)
 - o Static Stretching

Constantly seek to reduce the time it takes on the same workout scheme in future sessions, but don't cheat on form!

#4. 5 x 5 Strength Work

Time: 15-20 Minutes

Components Trained: Muscular Strength

1. Pick your focus (target a weakness – could be leg strength, chest, etc.)
2. Pick an exercise for your focus (samples)
 - Bench Press
 - Squat
 - Deadlift
 - Military Press
3. Warm-Up (5 Minutes)
 - Perform 2-3 rounds of warm-up sets at 50-60% of your 1 rep max
4. 5x5 (Execute 5 sets of 5 repetitions each)
 - Set 1: Pick a weight you can comfortably lift for 5 repetitions
 - Sets 2, 3, 4: Add weight until you are struggling to complete 5 reps
 - Set 5: Execute the set of 5 reps, then drop the weight by 30% and immediately execute a 2nd set of 5 reps (drop-set)
 - Rest as much as 2-3 minutes between the 5 sets
5. Cool Down (5 Minutes)
 - Static Stretching

Try to increase the amount of weight that you can use with future workouts, even by 2.5 or 5 lbs. Use a spotter or be able to ditch the weight if you hit failure. If you hit failure during a set, re-rack the weight. Rest 45-60 seconds and complete the rest of the repetitions in that set (this is known as “rest-pause” methodology)

#5. 10 x 10 Strength Work (German Volume Training)

Time: 20-25 Minutes

Components Trained: Muscular Strength (& Hypertrophy/Mass)

1. Pick your focus (target a weakness – could be leg strength, chest, etc.)
2. Pick an exercise for your focus (samples)
 - Bench Press
 - Squat
 - Deadlift
 - Military Press
3. Warm-Up (5 Minutes)
 - Perform 1-2 rounds of warm-up sets at 25-50% of your 1 rep max
4. 10x10 (Execute 10 sets of 10 repetitions each)
 - Sets 1-10: Use about 60% of your 1 rep max
 - Rest about 1-1.5 minutes between each set
5. Cool Down (5 Minutes)
 - Static Stretching

Try to increase the amount of weight that you can use with future workouts, even by 2.5 or 5 lbs. Use a spotter or be able to ditch the weight if you hit failure. If you hit failure during a set, re-rack the weight. Rest 45-60 seconds and complete the rest of the repetitions in that set (this is known as “rest-pause” methodology)