

High Intensity Interval Training (HIIT)

There are many misconceptions and false claims about how to most effectively burn fat and increase athletic performance. While sustained periods of aerobic training are beneficial, they are not the best way to burn fat and drop times on standardized 2-5 mile run tests! Interval training (Anaerobic training) will more effectively accomplish these goals. The best thing about HIIT is that you can do it with almost any exercise, with almost any equipment, or even with no equipment

1. Pick any exercise (these are just samples)

- Track Sprint
- Stationary Bike
- Rower
- Assault Bike
- Ammo Can, Kettlebell, or Dumbbell Swing
- Sandbag Throw
- Burpees
- Sprint
- 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