

Interval Training

Tiffany Hall 11/08/10



What is interval training?

There are two types of cardio training: Continuous training and Interval training. Continuous training is walking, jogging, running, riding a bike or using cardio machines for a specific period of time at an even pace.

Interval training alternates high-intensity exercise intervals with slower-paced periods.

Why does interval training work?

Interval cardio helps to burn more calories and fat, improve your cardiovascular fitness, increase your speed and expand your workout options. Interval training is a great way to increase fitness quickly, fat zap as well as fit exercise into your busy day. With interval training there's no excuse for being time poor. Ten minutes will make a difference.

Try Chrissie's 10 minute interval treadmill workout:

Warm up: 2 minutes at 3-4km/h or at a pace where you can talk easily.

Speed up: 1 minute at 5-6 km/h or at a pace where it is hard to talk.

1. Tough

Speed up: 30 seconds at 6-8km/h or at a pace where it is impossible to talk.

Slow down: 30 seconds at 3-4km/h or to your comfortable walking pace.

2. Tougher

Speed up: 30 seconds at 7-8km/h or at a pace where it is impossible to talk.

Slow down: 30 seconds at 3-4km/h or to your comfortable walking pace.

3. Toughest

Speed up: 30 seconds at 7.5-8km/h or at a pace where it is impossible to talk.

Slow down: 30 seconds at 6-7km/h or at the pace where is hard to talk

4. Toughest

Speed up: 30 seconds at 6-8km/h or at a pace where it is impossible to talk.

Slow down: 30 seconds at 5-6km/h or at the pace where it is hard to talk.

5: Tough

Speed up: 30 seconds at 6-8km/h or at a pace where it is impossible to talk.

Slow down: 30 seconds at 3-4km/h or to your comfortable walking pace.

Cool down: 2 minutes walking.

You can do this interval work out on any cardio machine by alternating the effort levels. Try the stepper, elliptical, bike or the rower.

Tiffany's cardio tips:

- Wear a heart rate monitor. Try to keep your heart rate between 80 percent and 85 percent of its maximum so that your body taps into its fat stores for energy. Calculate your max heart rate by subtracting your age from 220.

- Select a form of cardio that you enjoy. Mix it up to keep your enthusiasm and interest. Invite a friend to train with you.
- If you have access to cardio machines, you can control your intervals by pushing a button to change the level of resistance or to speed up your pace. The controls on the machine can time your intervals for you.
- Make the intervals count. Keep them tough. Keep them quick. Interval motto: Better to go tougher and quicker, than easy and longer.
- Regardless of your fitness level, devote the first four weeks of exercise to continuous cardio to build up your heart and lungs for higher intensity interval training.
- Take it one interval, one minute at a time, one work out at a time. Be patient and persistent.