



## High Intensity Interval Training

### Notes:

- This program is to be done with the understating that the participant is in good health. If you have had a history of heart problems, be sure to consult with a GP before attempting.
- Complete 3-5 minutes of light aerobic activity to warm up.
- Do the work efforts at a 7-8 out of 10, and the active recovery components at a 2-4 out of 10.

### Lactic Smash-Face!

Activity	Work Tlme	Rest/Active Rest Time	Number of Repeats	Rest	Sets
Bike	30s	30s	5	90s (after five rounds of 30 on, 30 off).	4-6
Rower	30s	30s	5	90s	4-6
Treadmill	30s	30s	5	90s	4-6
Other	30s	30s	5	90s	4-6

### Aerobic Power

Activity	Work Tlme	Rest/Active Rest Time	Number of Repeats	Rest	Sets
Bike	60s	30s	10	120-180s	1-2
Rower	60s	30s	10	120-180s	1-2
Treadmill	60s	30s	10	120-180s	1-2
Other	60s	30s	10	120-180s	1-2

### Short N Sharp!

Activity	Work Tlme	Rest/Active Rest Time	Number of Repeats	Rest	Sets
Bike	20s	20s	6	60s	4-6
Rower	20s	20s	6	60s	4-6
Treadmill	20s	20s	6	60s	4-6
Other	20s	20s	6	60s	4-6