

Intensity Overload Battle of the HIITs Mindy Mylrea

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 taps 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 modual . 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

HIIT Types

1. Little Training - 60 seconds / 75 seconds recovery
2. Fartlik Training - speed play - varied timing 30/10-20/20-10/30
3. 30-30 – lower body. Upper body, core
4. 30-20-10 - hard, harder, hardest
5. 12-8 - rest / work

Sample Mixed HIIT format

Warm up

30-20-10

1. Walk – jog – high jog
2. Squat, side to side squat, j jack
3. Alternate back lunge, quick split lunge, slow split lunge
4. Pony, jump over fence , tuck Jump

Circuit 1 - cardio

1. 30-20-10 – Squat side to side , jump center, side touch – with ball
2. 12 -8 Skater jumps
3. 30-30 lower Plie squat – gliding discs
4. 30-30 Upper burpee with push up
5. 30-30 Core wood chop
6. Fartlik - Jump jack and split lunge jumps with ropes
7. Little – loading lunge - Discs and no discs with Jump

Circuit 2 – Strength

1. 30-20-10 – tuck in , cross over, one leg (R and L)
2. 12;8 - Standing hack squat (R and L)
3. 30-30 Lower body - supine hamstring
4. 30-30 Upper body - V sit with ropes
5. 30 – 30 Core - Sidelying rope swing (R and L)
6. Fartlik - Standing low alternating lunge
7. Little - X push ups with Gliding discs

Examples of HIIT for every fitness level

1. Beginner - 1 minute walk / 1 minute jog. – 30/30. 2 times per week
2. Intermediate - 1 minute jog / 1 minute run – 30/30 3 times a week – 20 minutes

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

Thanks so much for your 100% effort!
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