

HIIT: Sprint Interval Workout

This sprint interval workout is a type of high intensity interval training (HIIT) that helps build endurance, increase your anaerobic threshold and burn more calories and fat both during and after your workout. For this workout, you'll have a longer warm up (10 minutes) before going into 4 all-out sprints at a Level 9 on this perceived exertion chart for 30 seconds each. Between each sprint, you'll recover at an easy pace for 4.5 minutes, giving you plenty of time to get ready for the next sprint.

Keep in mind that all-out effort is very challenging, so modify the sprint intervals as needed to fit your fitness level and goals. You can do this workout on any cardio machine (set to manual mode) or with any outdoor activity such as walking, running or cycling. This workout is best for intermediate or advanced exercisers.

A 10/10 intensity is running for your life, so adjust accordingly

Time	Intensity/Speed	Perceived Exertion 1-10
5 min.	Warm up at an easy-moderate pace	4-5
5 min.	Baseline: Increase speed gradually to a comfortable, moderate pace	5
30 seconds	Sprint all out as fast as you can	9
4.5 min	Reduce speed to a comfortable pace to fully recover	4-5
30 seconds	Sprint all out as fast as you can	9
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30 seconds	Sprint all out as fast as you can	9
4.5 min	Cool down at an easy pace	3-4

Total : 30 Minutes

Whether you're a beginner or an exercise veteran, a walker or an aerobic dancer, adding interval training to your cardiovascular workout will boost your fitness level and help you lose weight. Varying your pace throughout the exercise session stimulates the aerobic system to adapt. The more power the aerobic system has, the more capacity you have to burn calories.

How Interval Training Works: Interval training works both the aerobic and the anaerobic system. During the high intensity effort, the anaerobic system uses the energy stored in the muscles (glycogen) for short bursts of activity. Anaerobic metabolism works without oxygen. The by-product is lactic acid, which is related to the burning sensation felt in the muscles during high intensity efforts. During the high intensity interval, lactic acid builds and the athlete enters oxygen debt. During the recovery phase the heart and lungs work together to "pay back" this oxygen debt and break down the lactic acid. It is in this phase that the aerobic system is in control, using oxygen to convert stored carbohydrates into energy.

The Benefits of Interval Training: This repetitive form of training leads to the adaptation response. The body begins to build new capillaries, and is better able to take in and deliver oxygen to the working muscles. Muscles develop a higher tolerance to the build-up of lactate, and the heart muscle is strengthened. These changes result in improved performance particularly within the cardiovascular system. Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and they allow you to increase your training intensity without overtraining or burn-out. In this way, adding intervals to your workout routine is a good way to cross train.