

## Interval Training

According to the American College of Sports Medicine, more calories are burned in short, high intensity exercise. If you are counting calories burned, high intensity exercise, such as intervals, beats long, slow endurance exercise hands down - but you may pay a price. You don't need to be a world-class athlete and have sophisticated blood analysis to take advantage of the benefits of interval training. The standard 'speed play' training of fartlek works well for the rest of us. This type of interval work is based upon your subjective needs. Simply pay attention to how you feel and set your intensity and duration accordingly.

**Precautions for Safe Interval Training** Warm up before starting intervals. Assess current conditioning and set training goals that are within your ability. Start slowly. (for example: walk 2 minutes/ run 2 minutes) In general, longer intervals provide better results. Keep a steady, but challenging pace throughout the interval. Build the number of repetitions over time. Bring your heart rate down to 100-110 bpm during the rest interval. To improve, increase intensity or duration, but not both at the same time. Make any changes slowly over a period of time. Train on a smooth, flat surface to ensure even effort. You can also use circuit training as a form of interval training.

### Advanced Interval Training

You can take a more scientific approach to interval training by varying your work and recovery intervals based on your pre-determined goals. Here are the four variables you can manipulate when designing your interval training program: 1. Intensity (speed) of work interval 2. Duration (distance or time) of work interval 3. Duration of rest or recovery interval 4. Number of repetitions of each interval. It is recommended that you consult an athletic trainer, coach or personal trainer prior to designing an interval training program. **Take a look at HIIT- High intensity Interval training workouts- 30 and 60 seconds. For the more advanced athlete try Tabata Training- the longest four minutes of your life.**