HOW TO HIIT

What is High Intensity Interval Training (HITT)?

A type of interval training that uses short intervals of 10-90 seconds of vigorous-intensity exercise alternating with intervals of light-intensity exercise or rest

Can be cardio-based, strength-based, or a combination of both

"High-intensity" is based on your individual fitness level. HIIT is suitable for beginners!

Benefits of HITT

Effective workout in 20 minutes

Trains both cardiorespiratory fitness and strength

Can reduce the risk of type 2 diabetes

Burns more calories during workout and for up to 2 hours after

Add HIIT to Your Routine

HIIT can be done in a variety of ways based on your interests, available equipment, ability, and fitness level

1 Choose a modality you enjoy (biking, walking/running, body weight exercises, etc.)

2 Select a work to rest ratio, determine your total duration or number of rounds, and select your exercise(s)

3 Beginners should aim for an RPE of 4-6 for the work interval, as fitness improves aim for an RPE of 7-10

4 Add HIIT to your routine 1 day per week, working up to 2-3 days/week

Common HIIT Formats

30:30 (30 sec high-intensity, 30 sec rest)
- Repeat for 5-10 min, complete 2-4 rounds

Tabata 20:10
- Repeat for 4 min, complete 3-4 rounds

Copenhagen 30:20:10
- 30 sec RPE 4-5, 20 sec RPE 5-7, 10 sec RPE 9-10
- Repeat for 5 min, complete 2-4 rounds

Ladder 20:40, 30:30, 40:30
- Complete 3-4 rounds

RPE Scale (Rate of Perceived Exertion)	
1	**Very Light Activity** - It doesn't even feel like you're exercising
2-3	**Light Activity** - It's easy to breathe and have a conversation
4-6	**Moderate Activity** - You're breathing heavily, but can have a conversation
7-8	**Somewhat Difficult Activity** - You're short of breath, can only speak one sentence at a time
9	**Very Difficult Activity** - You can barely breathe, and can only say a few words at a time
10	**Maximum Effort Activity** - You're completely out of breath and can't talk