# HIIT Workouts

**Warm Up:** 4mins gradually increasing intensity up to working quite hard - use a combination of gentle walk on spot, march on spot, jog on spot, star jumps etc to increase intensity, finishing with some dynamic stretches (3 from):  lunges x 10, standing twists x 10, stand chest press x 10, Squat to o/h swing x 10, standing twists x 20
**Cool Down:** 3-4 mins jog on the sport reducing to a walk, followed by stretching.

**High Intensity Interval Training – HIIT format:**
Perform each exercise for 30sec at **high / max intensity,** followed by a 30 sec rest before moving to the next exercise.  Work through the 5 different exercises 3 times.  **Total time 15mins** (plus warm up & cool down). Although only short in duration, it is very intense.

Ideally download and use a **timer app** (eg Tabata Stopwatch / Tabata stopwatch pro) or just watch with repeat timer.
Try to count and record the number of each exercise done in the 30 secs so you can check you are working to the max on each repetition.
For a shorter session or when getting started drop one set of the exercises (so only twice through).
Don't be tempted to increase each exercise beyond 30 secs, increase the intensity by working harder (more reps in 30 sec, adding weights, changing exercises) or adding a 4th set or additional exercise.
Some exercises can be done with weights to increase the intensity – but start without weights. If you add weights be sure to use a weight that allows you to complete the exercise duration.

**Example programmes:**

| Body weight HIIT 1 | Body weight HIIT 2 | Body weight HIIT 3 |
|---|---|---|
| Star jumps | Lunge jumps | Star jumps |
| Mountain climbers | Burpees | Push ups |
| Push up | Twister (with or without a dumbbell) | Squats (with or without a dumbbell) |
| Plank | Step ups | Wipers |
| Squats (add dumbbell) | Push ups | Step ups |

# Tabata Workouts

**Warm Up:** 4mins gradually increasing intensity up to working quite hard - use a combination of gentle walk on spot, march on spot, jog on spot, star jumps etc to increase intensity, finishing with some dynamic stretches (3 from):  lunges x 10, standing twists x 10, stand chest press x 10, Squat to o/h swing x 10, standing twists x 20

**Cool Down:** 3-4 mins jog on the sport reducing to a walk, followed by stretching.

**Tabata format:**

Perform **8 x 20sec** sets of each exercise with **10 secs** between sets, **then 1min between exercises**. All to be performed at **high / max intensity!!**
Ideally download and use a **Tabata timer app** (eg Tabata Stopwatch / Tabata stopwatch pro). Total time 30mins (plus warm up & cool down).  For a shorter session drop one of the exercises to give about 24 mins
For exercises with weights use a free weight that allows you to maintain maximal effort.

**Example Programmes (each box is a session):**

| **General Tabata** | **General Tabata** | **General Tabata** | **General Tataba – no equipment** |
|---|---|---|---|
| Squats (dumb bell) | Squats (kettlebell) | Step ups | Star jumps |
| Push up | Push up (opt inclined) | Chest press (dumb bells) | Tricep dips |
| Mountain climbers | Kettlebell swing | Twister | Squats |
| Upright row (dumb bell) | Upright row (kettlebell) | Punchouts (dumb bells) | Wipers |
| Star jumps | Mountain climbers | Squats | Step ups |
| Twister (dumb bell) | Twister (kettlebell) | Upright row (dumb bells) | Push ups |
| **Lower Body Tabata** | **Lower Body Tabata** | **Core Tabata** | **General Tataba – no equipment** |
| Squats | Jump squats | A-symetric squats (dbell/kbell) | Lunge jumps |
| Good mornings | Good mornings | Wipers | Twister |
| Steps ups | Steps ups | Lower back raise | Burpees |
| Lunges | Lunge hops | Twister | Push ups |
| Kettlebell swings (kettlebell) | Kettlebell swings (kettlebell) | V ups | Step ups |
| High knees | High knees | Bicycle crunches | Star jumps |

# Boat Based Interval / HIIT Workouts

**LES FORD FITNESS**

**Warm Up:** 4mins gradually increasing intensity up to working quite hard - use a combination of gentle paddling through to short sprints. Also making sure to do some sweeps and reverse strokes to warm up the core to aid trunk rotation.

**Cool Down:** 4 mins of gentle paddling, followed by stretching.

**Workouts:** They flat water interval sprints that target different aspects of fitness – e.g. building max speed power with longer rest period, or speed endurance through sprints with shorter rests. These are based on training for slalom which is a series of high intensity bursts.

| Kip1 | Tremblay | Billatt | 10's |
|---|---|---|---|
| 20 sec sprint (max intensity) | With your boat moving steadily backwards do a 10-12 stroke | 30 sec sprint – at a pace you can just sustain for this time | 10 sec sprint (max intensity) |
| 10 sec rest | Gentle paddle for approx 1 min | 30 sec rest / gentle paddle | 10 sec rest |
| Repeat as many times as possible! (aim for 10 to start and build up to 20reps) | and repeat (aim for 8 – 12 times) | Repeat (aim for 8 – 16 sets) | Repeat 10-12 times |
| | | | A timer is useful to do this accurately, but 14-15 stroke sprint and glide for a count of 10 will be close. |
| You'll need a repeat timer to do this effectively (mine beeps for 10 sec, so I set it to 30 sec repeats and rest while it's beeping and sprint when it's quite). | You'll need a repeat timer to do this effectively. Suggest setting it for 1 min, start boat moving backwards 10-15 sec before starting your sprint. | You'll need a repeat timer to do this effectively. | You could a second set after 5 mins rest. |
| Stop when you can't maintain the same speed intensity that you started with. | This feels easy due to the longer rest, but do allow the full rest to maximise the intensity of the sprint. | Try to maintain the same intensity (speed / no of strokes) as in your first sprint – stop when you can't maintain this. | *12 reps = 4mins* |
| | | *16 reps = 16 mins* | |
| *20 reps = 10mins* | *12 reps = 12mins* | | |

Ensure a good rest 5-10mins if doing a couple of these in a session