

# Excercise of the Quarter

## Interval Training

### What is Interval Training?

Interval training has been increasing in popularity in today's athletes and workout enthusiasts. This routine incorporates bursts of intensity and or speed mixed in with recovery periods. This type of training has been designed to burn fat, increase calorie burning and improve aerobic capacity, meaning you will get the result you are looking for—sooner than you had hoped!

### What are the benefits of Interval Training?

With the repetitive nature of interval training, your muscles adapt and begin building new capillaries (blood vessels).

This allows your body to deliver oxygen to your working muscles easier and quicker. Your heart begins to get stronger and healthier which allows you to be more active for a longer time.

If you are a calorie counter, studies show that Interval Training is better for you than slow endurance



exercising because your body will continue to burn calories up to 24 hours after your workout. However, because Interval Training involves high intensity bursts, you must continue to listen to your body and start slow and work your way up to a more difficult routine. Always warm up before beginning an exercise regimen. Begin Interval Training at a low number of repetitions with longer recovery periods. Over time, build up the number of reps and decrease the amount of time spent recovering between them. The best part of Interval Training is anyone can give it a try and reap the benefits!

### Try this beginner's workout.

If you feel you are able to do more, change the program to fit your needs.

<i>Activity</i>	<i>Time</i>	<i>% of Effort</i>
Warm up: Moderate Pace to gradually warm up	5 min.	50-60%
Baseline: Increase your speed	2 min.	70%
Intervals:		
Sprint Interval-Move as fast as you can	30 sec.	80%-90%
Recovery Interval	1 min.	60%-70%
Repeat the above intervals 8-12 times	12-18 minutes total	60%-90%
Cool Down	5 min.	30% - 60%
	Total: 24-30 minutes	