HINDMARSH
PHYSIOTHERAPY AND
SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000

OUR 8 WEEK HIIT PROGRAM

BENEFITS OF HIGH-INTENSITY INTERVAL TRAINING

IF YOU ARE SHORT ON TIME AND WANT TO GET ACTIVE, CONSIDER TRYING HIGH-INTENSITY INTERVAL TRAINING.



High intensity interval training has become very popular and we are often asked for a program

Unfortunately, many people feel that they don't have enough time to exercise. If this sounds like you, maybe it's time to try high-intensity interval training (HIIT). HIIT is a broad term for workouts that involve short periods of intense exercise alternated with recovery periods.
One of the biggest advantages of HIIT is that you can get maximal health benefits in minimal time. So, if you are short on time and want to get active, consider trying high-intensity interval training.

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If you have not exercised recently or not been active for a while, it is advisable to see your Dr or Health professional.

Additional screening will be done by answering a short questionnaire called the Adult Pre-exercise Screening System developed to help you work out if you need medical advice before you start.

The tool has been designed so exercise physiologists, Physiotherapists and personal trainers to use it with their clients but you can also do the first stage of the questionnaire on your own intensity without further guidance. Higher intensity will need further guidance.

WHAT IS HIGH-INTENSITY INTERVAL TRAINING?

HIIT involves short bursts of intense exercise alternated with low-intensity recovery periods. Interestingly, it is described as one of the most time-efficient way to exercise .

Typically, an HIIT workout will range from 10 to 30 minutes in duration. Despite how short the workout is, it can produce health benefits similar to twice as much moderate-intensity exercise.

The actual activity being performed varies but can include sprinting, biking, jump rope or other body weight exercises and you would typically complete 4 to 6 repetitions in one workout.



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THE BENEFITS

1.HIIT Can Burn a Lot of Calories in a Short Amount of Time
HIIT may help you burn more calories than traditional exercise, or burn the same amount of calories in a shorter amount of time.

2. Your Metabolic Rate Is Higher for Hours After Exercise Due to the intensity of the workout.
HIIT can elevate your metabolism for hours after exercise. This results in additional calories being burned even after you have finished exercising.

3. It Can Help You Lose Fat
High-intensity intervals can produce similar fat loss to traditional endurance exercise, even with a much smaller time commitment. They can also reduce unhealthy visceral fat.

4. You Might Gain Muscle Using HIIT
If you are not very active, you may gain some muscle by starting HIIT but not as much as if you performed weight training.

5. HIIT Can Improve Oxygen Consumption
High-intensity interval training can improve oxygen consumption as much as traditional endurance training, even if you only exercise about half as long.

6. It Can Reduce Heart Rate and Blood Pressure
HIIT can reduce blood pressure and heart rate, primarily in overweight or obese individuals with high blood pressure.

7. Blood Sugar Can Be Reduced by HIIT
High-intensity interval training may be especially beneficial for those needing to reduce blood sugar and insulin resistance. These improvements have been seen in both healthy and diabetic individuals.

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HOW TO GET STARTED WITH HIIT

There are many ways to add high-intensity intervals to your exercise routine. We suggest you talk to your health professional before commencing a new program

To begin, you just need to choose your activity (running, biking, jumping, etc.).Then, you can experiment with different durations of exercise and recovery, or how long you are performing intense exercise and how long you are recovering.

OUR 8 WEEK H.I.I.T PROGRAM

These intervals can be done on your choice of exercise bike, rower, running on treadmill, or running out side. If done on the exercise bike, then 'Effort Level' should be set to 8.

'Sprint' must be done at 100% intensity leaving nothing in the tank each time. 'Rest' can be a light walk/ride or complete rest

This is NOT a program for people who have not been exercising to a moderate level prior to starting.

Please see your health professional for further assessment or advice



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Phase	Duration	Volume	Frequency
Weeks 1-3	30-35 min	**5 Minute Warm Up** - Gradually build heart rate and intensity. 6 x 40secs sprint/180secs off **5 Minute Cool Down**	2-3 x per week.
Week 4	30-35 min	**5 Minute Warm Up** - Gradually build heart rate and intensity. 6 x 40secs sprint/160secs off **5 Minute Cool Down**	2-3 x per week.
Weeks 5	30-35 min	**5 Minute Warm Up** - Gradually build heart rate and intensity. 7 x 40secs sprint/140secs off **5 Minute Cool Down**	2-3 x per week.
Week 6	30-35 min	**5 Minute Warm Up** - Gradually build heart rate and intensity. 7 x 40secs sprint/120 secs off **5 Minute Cool Down**	2-3 x per week.
Week 7	30-35 min	**5 Minute Warm Up** - Gradually build heart rate and intensity. 8 x 40secs sprint/100 secs off **5 Minute Cool Down**	2-3 x per week.
Week 8	30-35 min	**5 Minute Warm Up** - Gradually build heart rate and intensity. 8 x 40secs sprint/80 secs off **5 Minute Cool Down**	2-3 x per week.

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We are committed to supporting you and your familys physiotherapy needs. Please reach out to our team if there is anything we can do.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.

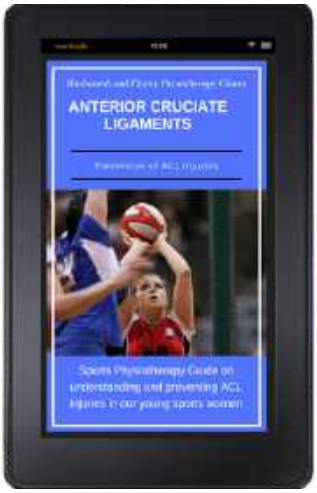
OTHER RESOURCES



COMMON SPORTS INJURIES



CHART YOUR WALK OR RUN



ACL INJURIES

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You can call us on 83462000 at Hindmarsh or CONTACT US ONLINE HERE if you would like an appointment

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