



# High Intensity Interval Training

High intensity interval training (HIIT) is a type of cardio training that alternates between short, very high intensity intervals and longer, slower intervals to recover. It's been shown to benefit the average exerciser and it also improves the ability of the muscles to burn fat.



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## HIIT PROGRAMMES

### HIIT on a bike

- 1 Cycle at a low resistance for a three minute warm up at 70-80 rpm.
- 2 After three minutes, increase to 90 rpm.
- 3 Every 30 seconds increase resistance by one level and maintain an rpm above 90.
- 4 Continue until you can no longer hold the rpm above 90.
- 5 Allow three minutes recovery and repeat for desired number of sets (beginner: three, advanced: ten).

### HITT on a rowing machine

- 1 Row at a comfortable pace for a three minute warm up.
- 2 Set the screen to display calories.
- 3 At the end of the third minute use maximum effort with the aim of burning as many calories as possible in 60 seconds.
- 4 Row at a comfortable pace for 60 seconds then complete another high intensity 60 second set.
- 5 Continue for desired number of sets (beginner: three, advanced: ten).



## HIIT PROGRAMMES

### HIIT on a treadmill

- 1 Warm up for three minutes at 5% gradient of 5kph pace (gradually build speed to 10kph maximum).
- 2 After three minutes increase the gradient up to 10%.
- 3 Continue running for 30 seconds then step onto the side of the treadmill.
- 4 Rest for 30 seconds while you increase the speed by 5kph.
- 5 Jump back on the treadmill for another 30 seconds sprint.
- 6 Repeat this process until you can no longer complete the 30 second set!
- 7 Allow three minutes recovery and repeat for desired number of sets (beginners: one, advanced: three).





# HIGH INTENSITY INTERVAL TRAINING

## What is HIIT?

High-Intensity Interval Training is a form of exercise in which you alternate between very intense working periods and slower recovery periods that allows for a shorter, more efficient workout.

## Benefits of HIIT

**Gets you fitter quicker** – studies have found HIIT delivers all the health and fitness benefits of steady endurance cardio in a fraction of the time.

**Burn more calories** – intense exercise causes the body to burn more calories over the course the next 24 hours thanks to a boosted resting metabolic rate.

## How often?

Given the intense nature of HIIT, it is recommend you should do no more than three sessions a week.

## Who is it for?

HIIT is suitable for anyone in good health and exercises on a regular basis. Beginners or those who have taken a break from exercise for a while should wait until they have a good base of fitness before trying HIIT sessions.



For help designing your own personal programme please contact one of our instructors today.