

HIIT or HIRT Training = FAST RESULTS

Interval training has been around for a very long time but its recent surge in popularity is largely due to the recognition of a researcher named Izumi Tabata back in the 90s, and to the high profile emergence of CrossFit® and other similar training modalities.

The Tabata Protocol

Back in 1996 at the National Institute of Fitness and Sports in Tokyo, Professor Tabata found that VO2 max (the ability to take up oxygen and use it) improved dramatically in Olympic speed skaters when they trained on stationary cycles three times a week for 12 weeks using the following protocol:

- Warm up
- 20 seconds of all-out high intensity cardio exercise followed by 10 seconds of rest repeated 8 times (total 4 minutes)
- Cool down

Subsequently all sorts of programmes and protocols have been developed (whether it be cardiovascular or resistance based) involving the principle of exercising at a very high intensity interspersed with periods of moderate to low effort.



FAQs

What is H.I.I.T. all about?

H.I.I.T. stands for High Intensity Interval Training. As the name suggests, it involves **brief all-out cardiovascular effort** (anywhere from 20-60 seconds) followed by a period of lower intensity or recovery (anywhere from 10 seconds to 4 minutes). This is repeated for around 20-30 minutes, although some protocols like Tabata (see left panel) can be even shorter.

Is H.I.I.T. time efficient?

Yes! For example studies have shown that **27 minutes of H.I.I.T. three times a week** produces the same anaerobic and aerobic improvement as **60 minutes of cardio five times a week**.

Should I do H.I.I.T. every day?

Research says that three times per week may produce the best results. **Be aware that it is a very demanding way to train** and it is important to be fully recovered between sessions.

How about H.I.R.T.?

High Intensity Resistance Training follows the same principle as H.I.I.T., i.e. working hard for a period of time and then allowing a period of recovery. The difference is that resistance is used; weights or other equipment or in many cases one's own body weight.

For more information visit
synergyfitness.co.nz
or talk to one of our training professionals



Type of workout

What are the benefits?

Any drawbacks?

H.I.I.T. (High Intensity Interval Training) CARDIOVASCULAR

Also known as, or variations, of H.I.I.E. (High intensity Interval Exercise) Sprint interval Training, Tabata

GET FITTER – FASTER!

Research supports that this sort of cardiovascular or aerobic training is at least as effective as Steady State Training (SSE) but is performed in considerably less time.

It also leads to metabolic adaptations in pre-diabetic individuals and is an effective exercise modality for fat loss.

Overall: Proven to get results faster than traditional exercise regimes.

Very time efficient.

Ideal for busy people or those looking to achieve their results faster.

High intensity training intensity involves maximum effort, not simply a higher heart rate, so for this reason it is an extremely tough workout.

Unless you are used to training at a high intensity, you need to start slowly and build up to the required levels.

Due to the inherent risks we strongly recommend you train this way under the supervision of your personal trainer or in our small group training sessions – **Results HQ.**

H.I.R.T. (High Intensity Resistance Training)

CARDIOVASCULAR / RESISTANCE TRAINING

While this is an extremely effective form of training, be aware that joints and connective tissue will come under increased demand compared to less intensive forms of exercise.

Initially should only be undertaken after consulting your trainer and then under suitable supervision

Arguably the best workout for sustainable FAT LOSS.

Carried out in a group setting so very motivating with an element of competitiveness.

Sessions typically supervised and led by a Personal Trainer.

Sessions can be short, for example around 25-35 minutes, so very time efficient.

Using body weight means this type of training can be performed anywhere with limited equipment.

High Intensity Resistance Training (HIRT) is essentially resistance training for fat loss, and like HIIT, HIRT training is the most effective way to increase your Basal Metabolic Rate (BMR), increase your Exercise Post Oxygen Consumption (EPOC), and burn calories at the same time.

Overall: This delivers the best bang for buck!

If you have any injury or medical issue, you would be wise to begin this sort of training cautiously.

Beware! The group dynamics of this type of training makes it extremely motivating and addictive, it is sometimes too easy to push yourself beyond capabilities and risk an unnecessary injury.

Recommended Sessions in RHQ:

- SBT (Suspended Body Training)
- RAW Fitness.



#FitnessFact

Whilst H.I.R.T. can be an extremely effective way of training, please be aware that joints, and connective tissue especially, will come under increased demand compared to other less intensive forms of exercise.