

HEALTHY @ HOME



INTERVAL TRAINING

Interval training is a type of training that involves a series of high-intensity exercise interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise (being breathless), while the recovery periods involve activity of lower intensity to bring the heartrate back down. Varying the intensity of effort exercises the heart muscle, providing a cardiovascular workout, improving aerobic capacity and permitting the person to exercise for longer and/or at more intense levels.



REASONS TO LOVE AN INTERVAL WORKOUT:

- An effective workout can last anywhere from 8-12 minutes
- Effective at burning fat
- Jumpstarts your metabolism & allows your body to burn fat even at rest
- You can do it anywhere, indoors or outside
- Anyone can do it

GETTING STARTED:

1. Choose your higher intensity exercise. This can be sprinting, jumping jacks, burpees, jogging in place, etc.
2. Perform your higher intensity exercise for 30 seconds to 1 minute, depending on your current level of fitness. You should feel breathless by the end of this exercise.
3. Choose a lower intensity exercise, such as walking or marching in place, and perform that for one minute or longer (the amount of time it takes your heartrate to come back down).
4. Repeat this sequence 8-12 times.
5. Don't forget to always begin a workout with a light warm-up!

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