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Hiit workout schedule

HIIT stands for High-Intensity Interval Training and is the perfect solution for busy people that have a limited amount of time to train but still want to see results. In HIIT, you push your heart rate to the maximum before having a short rest. The types of exercise may vary, but you need to use every part of your body and work your cardiovascular system hard for HIIT to be effective. HIIT is meant to be a short and very intense workout. A typical session should last between four minutes and 15 minutes. You are likely to end up with an overuse injury if you try to do long HIIT sessions. To prevent injury, limit sessions to 30 minutes. Don't forget to include long recovery intervals for any sessions over ten minutes. [Jacoblund / Getty Images](#) Before attempting HIIT, you should be able to work out for at least 20 minutes. HIIT is very intense, and beginners should work up to them to lower the risk of injury. Once you can walk for twenty minutes without stopping, you can add a single basic HIIT workout about once a week. Start with a jog and walk program and build up to plyometrics. [monkeybusinessimages / Getty Images](#) Your body needs fuel to perform at its peak, and you need to push yourself to get the best benefits from HIIT. Try to eat a meal or snack three to four hours before your HIIT workout begins. If you work out in the morning, try a light snack such as peanut butter and a banana before you train. [LightFieldStudios / Getty Images](#) Spend time finding the correct pair of shoes for HIIT workouts. You will be moving quickly between exercises at a high intensity, and the correct pair of shoes can make the difference between enjoyment and a painful injury. Look for a cross training shoe with minimal lateral support. [wutwhanfoto / Getty Images](#) Yes, HIIT workouts are intended to make the most of your time, but you risk injury if you don't warm up before you start. A big bonus of taking the time to warm up is that you'll likely be able to push yourself harder in training if your muscles are ready to work out. [milan2099 / Getty Images](#) When you start HIIT workouts, make modifications for your fitness level. Don't just take an advanced HIIT workout and push your body to the max on your first session. Ease into the training to reap the benefits and to lower your risk of injury. Watch your heart rate monitor and try to stick to your personal training zone. Skip the jumps or take a longer rest interval if your heart rate is too high. [SARINYAPINNGAM / Getty Images](#) The longest interval for HIIT should be two minutes or less. You may be tempted to push beyond the two minutes of you are finding the exercise enjoyable or simple to do. The key to HIIT workouts is to keep changing the style of exercise to help tone your body in the fastest time. If you are not exhausted by the end of two minutes, you need to up your intensity level. [blanaru / Getty Images](#) HIIT is essentially a cardio workout, but to achieve overall fitness, you will need to add a few strength training moves. Start your HIIT session with five to ten minutes of strength training in the weights section before moving on to a traditional HIIT workout. You may want to work your arms if your HIIT session focuses on your legs, and vice-versa. [nd3000 / Getty Images](#) The point of HIIT is to train smarter not harder, so try to limit your HIIT workouts to three per week. This lets your body recover between workouts, so you are at peak levels on HIIT days. If you want to work out on alternate days, try yoga or a walking to allow your body to keep recovering even as you move. [FluxFactory / Getty Images](#) This ultimate HIIT workout involves a 15-second sprint, ten push-ups followed by 10 squats. You can then take a 60-second rest before starting again. Aim to complete at least ten rounds. Once your body becomes used to the sequence, you can increase the sprint time, and try weighted squats or inclined push-ups to increase the difficulty. Try this workout three times per week and you will soon see results. [LuckyBusiness / Getty Images](#) Photo: Southworks (Shutterstock)High intensity interval training made headlines in the 2010s with one specific claim: that short bursts of hard work can give the same aerobic benefits as longer sessions of jogging or cycling. But the HIIT videos you can stream today have very little to do with the original model, and many of them aren't worth your time. Before we break down the difference, I want to make something clear: If you love doing videos labeled "HIIT," and they're part of an exercise routine that makes you genuinely happy, keep on doing them. I'm not trying to take away a thing that you love. But if you're doing them because you feel they're the best way to achieve your goals, or because a trainer or influencer tells you that they'll burn a ton of calories or build your booty, we need to sit down for a little intervention. What is real HIIT?High intensity interval training was born as a buzzword after exercise scientists noticed that people got better at the Wingate test every time they took it. The Wingate protocol calls for people to pedal all-out, at a high resistance, for a pukeworthy 30 seconds. Then you get to rest for four minutes, and do it again. G/O Media may get a commissionAfter further experiments, researchers figured out that the benefits they saw, including increased aerobic fitness, could be triggered by other rest/work combinations. The Tabata protocol, again done on a research-grade exercise bike ("cycle ergometer," they call it) is 20 seconds of work and 10 seconds of rest, repeated for just four minutes in total. These are not workouts that people do for fun. Everyone who I've seen recount the experience has said that it was complete agony. The scientists often note that people can rarely push themselves hard enough to replicate these protocols on their own. So Martin Gibala, one of the researchers who popularized the concept of HIIT, worked to find a version of the protocol that normal humans could do on their own, and that wouldn't leave them so pooped they were scared to come back. His conclusion: one minute work/one minute rest was the sweet spot, and you could do it while cycling, jogging, or doing other aerobic activities. Interval workouts boomed in popularity, using a variety of work/rest intervals.How do newer HIIT videos compare?The term HIIT didn't just get watered down; it mutated. When it began, HIIT was about getting more results in less time, so it built a reputation as being more efficient, maybe even superior to things like jogging. And since you don't need a bike to do HIIT, trainers ran with that idea and started applying the term to literally anything they could think of. Bodyweight squats? Bicep curls? Sure, why not. As a result, these days HIIT means something more like "a workout with a timer counting down in the corner."HIIT's popularity had been building for years when lockdown hit, and from there it exploded. If you're a trainer or influencer trying to come up with something you can easily film, you'll probably gravitate to no-equipment home workouts. And to make them sound exciting, you'll call them HIIT.The label "HIIT" on a bodyweight workout, I suspect, is supposed to translate as "good enough." Yeah, you're doing a few lunges in your living room, but the trainer wants you to think it's just as good as anything you could get from a boutique studio or a full-featured gym. Maybe better. Fitness articles and videos make big promises. They'll help you melt fat, torch calories, or tone...[Read more](#)Empty promisesYou can tell how far removed these workouts are from real HIIT by judging the promises they make. Are they saying they'll improve your VO2max, which was one of the original benefits noted? They won't—not usually. Let's do a quick rundown: Do they burn a lot of calories? Not necessarily, but it depends on the workout. The longer the workout and the more out of breath you are, the more calories you're burning. The truth is, 20 minutes of "HIIT" often doesn't burn any more than 20 minutes of medium intensity exercise like jogging. Do they burn more calories after the workout? In theory, your body keeps burning calories after a hard workout session. But there are two caveats: First, this is only significant when the workout is really intense. And second, after you do a hard workout, your body often wants to conserve calories for the rest of the day, so it all evens out while you're lying on the couch. Even Gibala has said that afterburn is overstated.Do they help you lose weight? Diet matters more to weight loss than the amount of exercise you do, much less the specific type. Exercise can help a little bit with the "calories burned" side of the equation (as long as it doesn't make you hungrier, which it sometimes does), but now we're back to the reality that HIIT workouts don't have any special advantage in burning calories.Do they build muscle? Maybe a little, but they won't get you the booty/arms/whatever of your dreams. High repetitions of light weights will only build muscle if you're going to failure, which means you'll need to rest a minute before you do another exercise with the same body part. If your "HIIT" workout allows for this, great! But pretty soon you'll be strong enough that the workout isn't challenging your muscles enough to grow. You really do need to train increasingly heavy if you want to build muscles.Lift heavy to build muscle: that's advice you've probably seen in a million places. But how heavy...[Read more](#)How do I know if an HIIT video is actually good?First, ask yourself why you're doing the video. Do you want to increase your aerobic fitness? Then evaluate whether the video actually gets you out of breath and allows adequate rest for you to do it again. Do you want to build muscle? Then evaluate whether the video actually challenges your muscles.As I mentioned above, sometimes we do "HIIT" videos not for any specific outcome, but because it feels good to move our bodies and we like the moves in the video. This is fine and good and it definitely counts toward the 75 to 150 minutes of exercise you should be getting weekly. But if you have specific goals, seek out the best ways to achieve them. Chances are, there's something out there that's better for you than yet another "HIIT" video. Beach season means getting your daily sweat on wherever you can In honor of sunny days and warmer temperatures, now's the perfect time to say so long to the weight room and take things outside. And why not head straight to the shore to work on your beach body? Apart from the beautiful views and mood boost from spending time in the sun, your muscles will have an extra challenge stabilizing you in the sand. "Working out in the sand adds a ton of resistance to any exercise you're doing," says Dally Burn trainer Anja Garcia, who loves getting her sweat on outside when she goes on vacation. And HIIT (high-intensity interval training) is a natural choice for outdoor workouts because you can condition the whole body, without any equipment. This popular training method challenges your aerobic and anaerobic systems, meaning you'll improve cardiovascular endurance and build strength at the same time. Plus, your muscles will work overtime blasting more calories than they would with just steady state cardio alone (also known as the afterburn effect). [RELATED: 3 Quick HIIT Workouts for Beginners](#) Ready to soak up some rays and feel the right kind of burn? Try these three HIIT workouts designed by Garcia with the surf and sand in mind. They're short, sweet and sure to leave you sweating! Now go on and HIIT the beach! Ten minutes is all you need for a killer burn. Set up two towels 20 yards from one another and then HIIT it! Warm up with 30 seconds of skips and 30 seconds of walking lunges. Then, complete three rounds of the exercises below with 30 seconds of rest between each round. [RELATED: 5 Planks to Sculpt Your Core](#) daily-burn-10-minute-tone-up [RELATED: 5 Beginner-Friendly CrossFit Workouts](#) Single-leg bounding: Drive the right knee up and leap off the left leg, pretending you are gliding through the air. Repeat on the other side. Try to get as high as possible. Plank drag: Set up towels 20 yards apart. Start in a plank position with one towel under your toes. Drag your toes towards your hands by engaging your core, then walk your hands out again so you're closer to the far towel. Side shuffle: Shuffle laterally from one towel to the other, facing the same way as you go there and back. Inchworm push-ups: Hinge at the waist, bend down and walk your hands away from your feet so you're in a plank position. Do one push-up, walk your feet towards your hands and repeat. Long jumps: Bend your knees and jump as far as you can towards the other towel! Keep jumping for the whole 30 seconds. Get two more HIIT workouts for the beach here. This article originally appeared on [DallyBurn.com](#). After that heart-pounding HIIT session, refuel with high-protein, antioxidant-rich foods.[Share on Pinterest](#)I'm always down for a good, sweaty workout, especially one that'll burn a lot of calories and work up a sweat in a short amount of time. And one of the most popular fitness trends for two years running ticks both of these boxes: Enter high-intensity interval training (HIIT). Studies show that HIIT — short bursts of high-intensity exercise followed by short rest periods — has been linked to weight loss, an increase in both aerobic and anaerobic fitness, and strengthening of muscles. It's also ideal for those short on time.Yet if you're adding HIIT to your routine to help you reach your fitness goals, it's important that you pair it with the right nutrition. Refueling your body post-workout with the right types of foods aids in muscle repair and growth and can help to replace any energy that was lost during your workout.You should look to refuel your body no later than 60 to 90 minutes after your HIIT workout. This provides your muscles with what they need to replenish their glycogen stores adequately.So, if 2019 is the year that you give HIIT a try, make sure that you're also choosing the right nutrients after your workout. To get you started, you can check out my top five foods suggestions below.Eggs are one of the best — and my personal favorite — foods after a workout. They're a powerhouse of nutrition, with a significant amount of protein and healthy fats — around 7 grams and 5 grams respectively per egg.Eggs are also considered a "complete protein" source. This means that they contain all nine of the essential amino acids, which have been linked to aiding in muscle recovery. Eggs also contain B vitamins, which can aid in energy production.I love utilizing eggs for protein. They're delicious, easy to make, and can be prepared in a variety of different ways. One of my favorite recipes is my avocado egg salad. Add hard-boiled eggs to avocado, spicy brown mustard, dill pickles, and salt and pepper. Enjoy it on a piece of toast.Other ideas for incorporating eggs into your post-workout snack include:on a salad with tuna and spinachscrambled with peppers and mushrooms hard-boiled with a pinch of salt and pepperBlueberries are both delicious and packed with dietary fiber, vitamins, protein, and antioxidants.All forms of exercise cause some type of oxidative stress, or an imbalance between free radicals and antioxidants in your body. For this reason, it's important to include antioxidant-rich foods in your everyday diet.What's more, eating blueberries after a workout has been linked to accelerated muscle recovery time.They can also be incorporated into your diet a number of different ways.I personally eat blueberries on a regular basis and I tend to throw a handful or two in my post-training smoothie.Other ways to include these in your post-workout snack include:paired with coconut yogurttopping for oatsevenjoyed on their ownI'm a sucker for a good avocado. This wonderous fruit is rich in magnesium, which is excellent for muscle recovery. It also contains 14 percent of your daily value of potassium, which can help to regulate fluid balance and controlling electrical activity of the heart and other muscles.What's more, avocado is a great source of folate and vitamins C, K, and B-6, all of which are anti-inflammatory nutrients, which can help reduce inflammation in the body that may be caused by exercise-induced stress.In short, this fruit is a great way to aid in HIIT recovery.For me, I make sure to include it in one to two of my meals per day and I find that one-third of an avocado is a sufficient serving size. Here are a number of ways to enjoy avocados:paired with eggsmashed on toaststaded to a power bowlthrown into a smoothieon its own with a little bit of salt and fresh ground pepperMuch like blueberries, green leafy vegetables are part of my go-to post-workout food. They're chock-full of vitamins, minerals, and fiber. They're also low in calories.These types of vegetables are also high in antioxidants and can help to minimize the free radicals that may be released during HIIT training.There's a large variety of leafy green vegetables to choose from, but some of the more popular ones include:kalespinacharugulawatercressLike I do with blueberries, I always throw some frozen spinach into my post-workout smoothies — about two big handfuls. It tends to blend easier when frozen, meaning you won't be able to taste it, not to mention it makes your smoothie extra cold!You can also eat leafy greens the following ways:sautéed with extra virgin olive oil as a side dishthrown into a saladadded to a pasta dish along with lean proteinMaking sure your body is getting enough whole-food protein to help the muscle recovery process isn't always easy or possible. In this case, I suggest looking to a high-quality protein powder, which can help support the body when muscle breakdown occurs during strength training or HIIT exercises.Another positive when it comes to protein powder is the convenience factor: It's a great grab-and-go option for those short on time, not to mention it keeps you fuller for longer. While I tend to opt for sprouted vegan protein powders in part due to my intolerance to lactose, there are a number of types out there to try. As a tip, I try to keep the sugar content below 5 to 8 grams per serving.Refueling your body with nutritious, whole foods after HIIT is essential to performance as well as recovery. Add one — or all! — of these foods to your post-workout snack to help with muscle recovery, protein synthesis, and ultimately, aid in your ability achieve your workout goals.[Rachael DeVaux](#) is a registered dietitian and certified personal trainer based in Seattle. Her focus is on providing nourishing recipes, nutrition tips and tricks, as well as killer workout ideas. Rachael's goal is to provide people with the tools they need in order to build healthy habits and ultimately live a balanced lifestyle. You can find Rachael on her blog, or on Instagram, Facebook, Twitter, and Pinterest.

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