

RED FEB: HIIT FOR HEART HEALTH

This month we are focusing on heart health, and specifically, the benefits of High Intensity Interval Training (HIIT). This form of training has been associated with several cardiovascular benefits and heart health. These are:

Improved Cardiovascular Fitness: HIIT is known to enhance cardiovascular fitness by improving the heart's ability to pump blood efficiently. This can lead to increased stroke volume and cardiac output, which are indicators of a healthier cardiovascular system.

Reduced Resting Heart Rate meaning that the heart becomes more efficient at pumping blood.

Lower Blood Pressure and improvements in the inner lining of blood vessels.

Increased levels of good cholesterol leading to reduced risk of cardiovascular disease.

Enhanced Insulin Sensitivity leading to overall metabolic health and can reduce the risk of heart disease.

Reduced Inflammation: HIIT has been found to have anti-inflammatory effects, potentially reducing inflammation markers in the body.

Weight Management: HIIT is effective for burning calories and promoting weight loss or weight maintenance, reducing cardiovascular risk factors.

Over the page is **YOUR CHALLENGE** for the month!

Remember to adjust the intensity based on your fitness level and listen to your body. If you experience any discomfort or pain, it's advisable to consult with a fitness professional or healthcare provider.

It's important to note that while HIIT offers numerous benefits, it may not be suitable for everyone. Individuals with existing health conditions or those new to exercise should consult with a healthcare professional or fitness expert before starting a HIIT program. Additionally, a well-rounded exercise routine that includes a mix of aerobic, strength, and flexibility exercises is generally recommended for overall cardiovascular health.

Week 1: Establishing the Baseline

Day 1: HIIT Intervals: 20 mins of 30 seconds high-intensity sprinting or cycling followed by 30 secs of rest.

Day 2: Steady-State Cardio: 40 minutes of moderate-intensity continuous cardio (running, cycling, rowing).

Day 3: Pyramid Intervals: 15 seconds high-intensity, 15 seconds rest; 30 seconds high-intensity, 30 seconds rest; 45 seconds high-intensity, 45 seconds rest; then back down.

Day 4: Active Recovery: Light jogging or brisk walking for 30 minutes.

Day 5: Tabata Intervals: 20 seconds high-intensity, 10 seconds rest, for 8 rounds.

Day 6-7: Rest or Light Activity: Allow your body to recover.

Week 2: Increasing Intensity

Day 1: HIIT Circuit: 30 seconds of each exercise (jumping jacks, high knees, butt kicks, mountain climbers) with no rest between exercises. Repeat for 3 rounds.

Day 2: HIIT Intervals: 25 minutes of 40 seconds high-intensity work, 20 seconds rest.

Day 3: Fartlek Run: Vary your running pace between fast and slow intervals for 45 minutes.

Day 4: Active Recovery: Light cycling or swimming for 30 minutes.

Day 5: Sprint Intervals: 10 x 100-meter sprints with a 1-minute rest between sprints.

Day 6-7: Rest or Light Activity: Allow for recovery.

Week 3: Introducing Variety

Day 1: Cardio Kickboxing HIIT: Incorporate high-intensity kickboxing moves for 30 seconds with 30 seconds of rest. Repeat for 20 minutes.

Day 2: HIIT Pyramid: Start with 30 seconds high-intensity, then increase by 15-second increments until you reach 1 minute. Repeat in reverse order.

Day 3: Interval Cycling: 45 secs of high-intensity pedalling, followed by 15 secs of rest. Repeat for 20 mins.

Day 4: Active Recovery: Light jogging or brisk walking for 30 minutes.

Day 5: Hill Sprints: Sprint uphill for 20 secs, then walk or jog downhill for 40 secs. Repeat for 15 mins.

Day 6-7: Rest or Light Activity: Allow your body to recover.

Week 4: Fine-Tuning and Challenge

Day 1: HIIT Intervals: 30 minutes of 45 seconds high-intensity work, 15 seconds rest.

Day 2: Interval Rowing: 40 seconds of high-intensity rowing, followed by 20 secs of rest. Repeat 25 mins.

Day 3: Fartlek Run: Vary your running pace between fast and slow intervals for 45 minutes.

Day 4: Active Recovery: Light cycling or swimming for 30 minutes.

Day 5: Pyramid Intervals: 15 seconds high-intensity, 15 seconds rest; 30 seconds high-intensity, 30 seconds rest; 45 seconds high-intensity, 45 seconds rest; then back down.

Day 6-7: Rest or Light Activity: Allow for recovery.