



Interval Training

What is Interval Training?

Interval Training is a combination of high intensity exercise followed by a short period of low intensity exercise. Interval Training is widely used amongst fitness trainers to improve cardio fitness, improve lean body mass and burn fat.

How to use Interval Training

There are many ways to structure an Interval Training session as you can use a variety of exercises and timed intervals, below is an example of an Interval Training session you can use in the club.

Note: Remember as with all exercise you should be mindful of your current health and fitness condition and seek advice from a trainer prior to any exercise program.

- Start with a warm up involving any cardio equipment gradually building the intensity for a period of 10min.
- Jump on a bike (Or any other piece of cardio equipment) and pedal hard for 2min. You need to set a RPM target and choose a level that is challenging.

Note: The cardio is the intense part of this program so you want to push as hard as you can for the 2min period. RPE 8-10/10

- Do a single lap of the express zone with 15 repetitions @ 60% 1RM

Note: The Express Zone should be done with no rest between exercises. RPE 7/10

Repeat the bike interval followed by the express zone for a period of 30-45min. Ensure adequate cool down and appropriate stretches are performed post exercise