

GET FIT POD WITH SKIP OREM

THE GET FIT POD PODCAST AVAILABLE AT ITUNES AND AT GETFITPOD.COM

HIGH INTENSITY INTERVAL TRAINING

High Intensity Interval Training (HIIT) is one of the best training methods for fat loss and muscle retention. While standard interval training is somewhat comparable to HIIT, the major difference is the power at which the workout is performed.



SKIP OREM

HIIT Burns Calories and Fat HIIT is cardio training performed at such a powerful level that your body will spend the rest of the day expending energy to recover from the intense workout.

This act of expending energy to recover from your workout is called Excess Post Oxygen Consumption, EPOC. In "quick and dirty" terms it means that you consume much more oxygen recovering from the exercise than you would have if you had just done a regular, steady workout. You will be burning almost 9 times more fat while you watch TV later on the night of your HIIT workout than you would have if you had spent an hour exercising on the treadmill, walking, or running at a steady, non-interval, pace.

HIIT Features Speed Intervals at your ANAEROBIC Heart Rate. High Intensity intervals are just what the name says. They are extremely intense. You are doing them at your Anaerobic Heart Rate (80-90% of your Maximum Heart Rate). In this heart training zone, you are "going hard", you "feel the burn". You can only exercise in this zone for a short period of time. The intense intervals of my Get Fit Pod HIIT Workouts range from just 15-60 seconds. When you complete an intense interval you will be out of breath, unable to speak. People near you can hear you heaving and breathing hard.

High Intensity Intervals are Mixed with Rest Intervals for Recharging and Recycling Each intensive interval is followed by a longer rest interval; jogging or walking at a lower heart rate. After the recovery interval, which is no longer than 60 seconds, another intense interval begins.

HEART RATE TRAINING ZONES

Healthy Heart Zone 50-60% Maximum Heart Rate

Moderate Heart Zone 60-70% MHR

Aerobic Zone -70-80% MHR

Anaerobic Zone 80-90% MHR

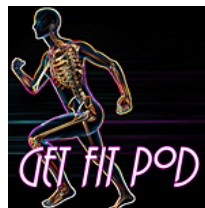
GET FIT POD REGULAR AND WORKOUT EPISODES

Get Fit Pod Episodes are released just about every Sunday. Each episode is designed to help you stay healthy and fit. Many of the episodes are structured interval training workouts and many of those are HIGH INTENSITY INTERVAL TRAINING WORKOUTS

**CURRENT GET FIT POD HIIT WORKOUTS
(EARLIER GET FIT POD HIIT WORKOUTS ARE AVAILABLE AT GETFITPO.COM)**



Episode 149 08/01/10 Advanced HIIT For Runners



Episode 138 05/02/10 Reserve Request HIIT Training Workout



Episode 137 04/25/10 HIIT Treadmill Workout