

The Training Booklet

HIIT



Section One

An Overview

How do I use this booklet?

This booklet provides all the information you need to complete the programme. All you need to do is just follow the exercise prescription each week. You will need to familiarise yourself with the RPE chart before you start, our website has a video explaining this further if you need.

How does the programme work?

This programme is the high intensity interval training programme. We advise that you complete 3 sessions a week and follow the duration and exercise intensity recommended in the booklet. The duration and intensity does change with the programme so make sure you check the prescription every 2-weeks.

How long does the programme last?

The programme lasts for 12-weeks. After you have finished the 12-week programme you can continue by increasing the number of sessions, duration or the intensity.

Can I change programmes?

Yes of course! You can even mix up the sessions within the week. We would still advise you try and do 3 sessions per week though. All exercise programmes can all be found on our website.

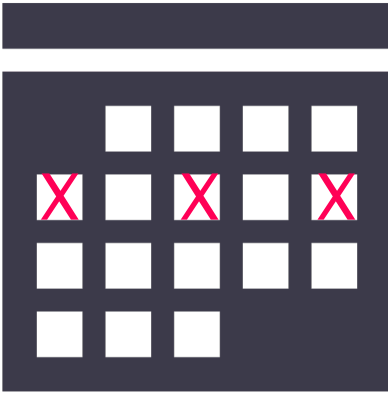


Step 1

Frequency



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9



You should try to train
**3 times per
week**
to achieve the full benefit
of this programme.

You can perform the exercise
on any days of the week. We
do advise though, that you
train **every other day** so you
get a rest day in between
sessions!

If you miss any number of
sessions, don't worry, just
continue where you left off!





Step 2

Mode

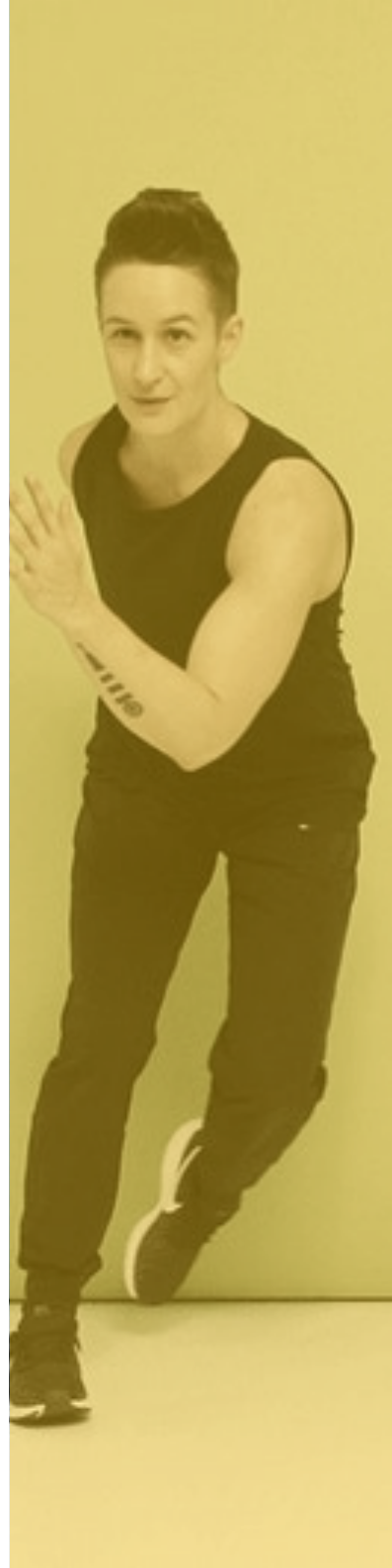
For this programme, you can either **walk, run, cycle, swim** or take a look at **our home-based exercise suggestions!**



Have a look at the **videos** on our **website** or at the back of this booklet for some inspiration.



You will perform exercise in high intensity **intervals** dispersed by rest periods.



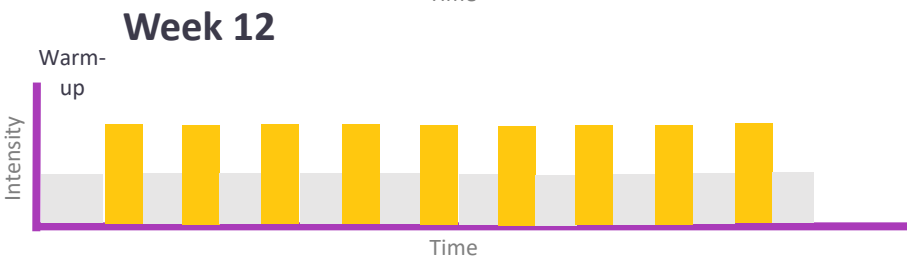
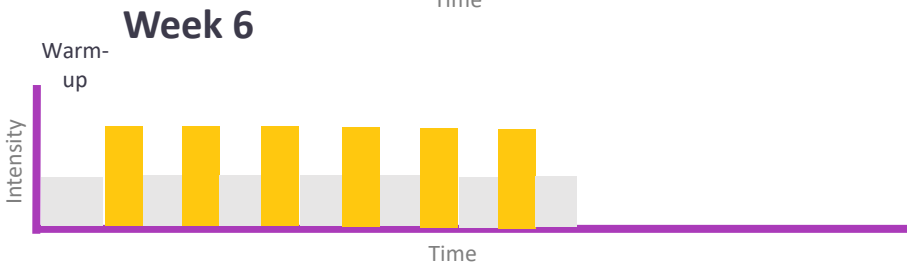
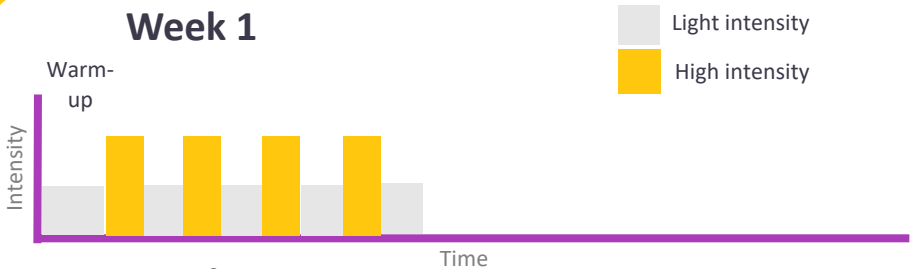
Step 3 Sessions



You will complete a **2 minute warm-up** before the HIIT training begins.



You will begin with performing **4x1 minute** higher intensity intervals, dispersed by 1 minute periods of rest. By the end of the programme, as your fitness improves, you will be performing more higher intensity intervals.



Step 4

Intensity



To help you work at the correct intensity for this programme we suggest you use the **RPE** chart on the next page.

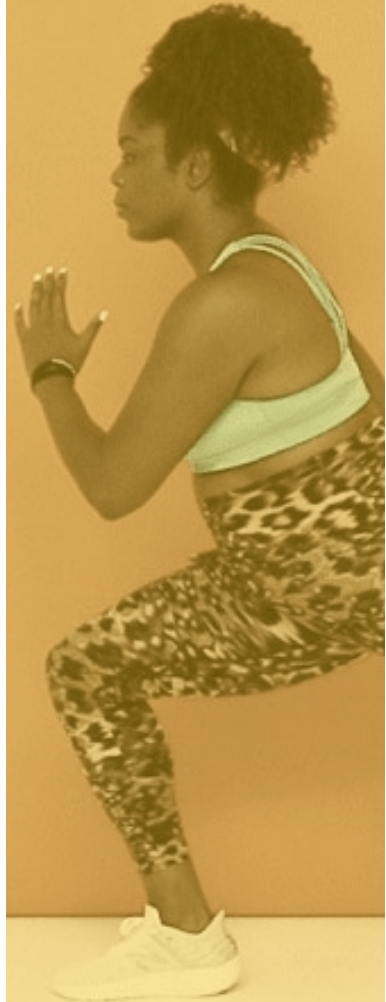
RPE stands for Rate of Perceived Exertion and is a subjective assessment of how physically **difficult** you find the exercise.

During the warm-up you should work at an RPE of 1. This means you should be able to sing while doing the exercise.

During the high intensity intervals, you should be struggling to catch your breath and your RPE should be at 7-8.

Don't worry if you can't get your RPE to 7 or 8 on your first interval. Try and make sure you get to this intensity by the last interval.

If you have a **HEART RATE MONITOR** read page 13, if not, skip past this page!



If you have a heart rate monitor, you can find out what intensity you are working at based on your heart rate.

First, you need to work out your heart rate **maximum**.

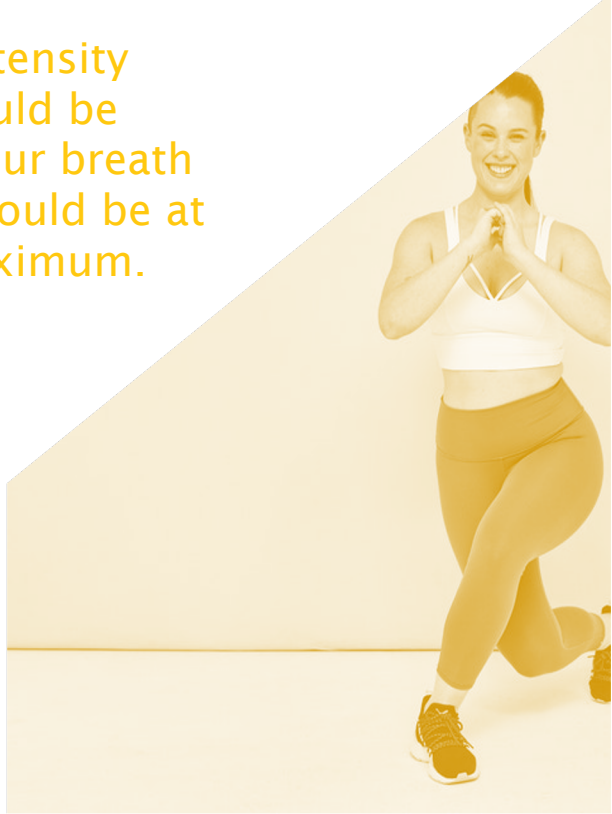
Your max heart rate = (=220-age)

Your target heart rate = (90%)

So try to work at **50-60%** of your heart rate maximum during the **warm-up**.

During the high intensity intervals, you should be **struggling to catch your breath** and your heart rate should be at **80-90%** of your maximum.

Don't worry if you can't get your heart rate to **80-90%** on your first interval. Try and make sure you get to this intensity by the **last interval**.



Intensity	RPE	Heart Rate/Talk Test
<p>Very high Intensity</p> 	<p>10 9</p>	<p>90-100%</p> <p>You are completely out of breath and are unable to talk</p>
<p>High Intensity</p> 	<p>8 7</p>	<p>80-90%</p> <p>You can barely catch your breath and can only speak a single word</p>
<p>Vigorous</p> 	<p>6 5 4</p>	<p>70-80%</p> <p>You are short of breath, and can only speak a sentence</p>
<p>Moderate</p> 	<p>3 2</p>	<p>60-70%</p> <p>You should be breathing hard, but you are still able to hold a conversation</p>
<p>Very Light</p> 	<p>1</p>	<p>50-60%</p> <p>You should be able to sing</p>

Section two

The Training Plan

1) Warm-up

Before **every** session, you need to complete a warm-up to raise your pulse and get your blood pumping!

We recommend that for **2 minutes** before your session, you complete some exercises like jogging on the spot or star jumps to raise your heart rate.

2) Main Session

You will begin by performing **4x 1-minute** high intensity intervals dispersed by **1-minute** periods of rest. The number of high intensity intervals will **increase** throughout the programme.



Training Plan

Every session this week should involve:

Duration



Intensity



1) Warm up

2 mins

Very Light 1

2) Interval 1

1 min

High Intensity 7-8

3) Rest

1 min

Very Light 1

4) Interval 2

1 min

High Intensity 7-8

5) Rest

1 min

Very Light 1

6) Interval 3

1 min

High Intensity 7-8

7) Rest

1 min

Very Light 1

8) Interval 4

1 min

High Intensity 7-8

9) Rest

1 min

Very Light 1



Week 1 and 2

	Completed (Y/N)	RPE at end of session
Week 1		
Session 1		
Session 2		
Session 3		
Week 2		
Session 4		
Session 5		
Session 6		

Training Plan

Every session this week should involve:

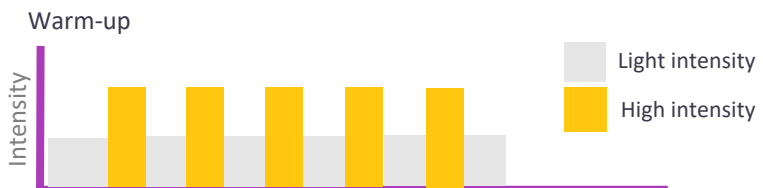
Duration



Intensity





1) Warm up	2 mins	Very Light 1
2) Interval 1	1 min	High Intensity 7-8
3) Rest	1 min	Very Light 1
4) Interval 2	1 min	High Intensity 7-8
5) Rest	1 min	Very Light 1
6) Interval 3	1 min	High Intensity 7-8
7) Rest	1 min	Very Light 1
8) Interval 4	1 min	High Intensity 7-8
9) Rest	1 min	Very Light 1
10) Interval 5	1 min	High Intensity 7-8

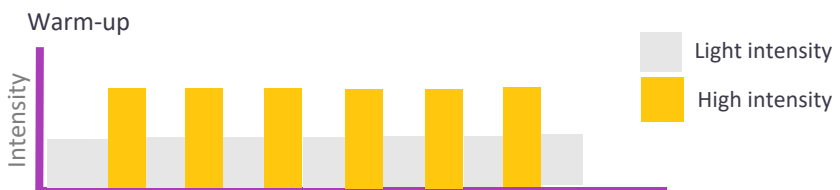


Week 3 and 4

	Completed (Y/N)	RPE at end of session
Week 3		
Session 7		
Session 8		
Session 9		
Week 4		
Session 10		
Session 11		
Session 12		

Training Plan

Every session this week should involve:	Duration 	Intensity 
1) Warm up	2 mins	Very Light 1
2) Interval 1	1 min	High Intensity 7-8
3) Rest	1 min	Very Light 1
4) Interval 2	1 min	High Intensity 7-8
5) Rest	1 min	Very Light 1
6) Interval 3	1 min	High Intensity 7-8
7) Rest	1 min	Very Light 1
8) Interval 4	1 min	High Intensity 7-8
9) Rest	1 min	Very Light 1
10) Interval 5	1 min	High Intensity 7-8
11) Rest	1 min	Very Light 1
12) Interval 6	1 min	High Intensity 7-8
13) Rest	1 min	Very Light 1



Week 5 and 6

	Completed (Y/N)	RPE at end of session
Week 5		
Session 13		
Session 14		
Session 15		
Week 6		
Session 16		
Session 17		
Session 18		

Training Plan

Every session
this week
should involve:

Duration

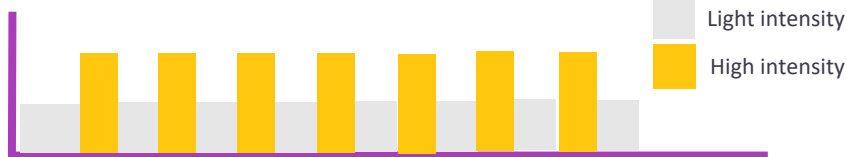


Intensity



1) Warm up	2 mins	Very Light 1
2) Interval 1	1 min	High Intensity 7-8
3) Rest	1 min	Very Light 1
4) Interval 2	1 min	High Intensity 7-8
5) Rest	1 min	Very Light 1
6) Interval 3	1 min	High Intensity 7-8
7) Rest	1 min	Very Light 1
8) Interval 4	1 min	High Intensity 7-8
9) Rest	1 min	Very Light 1
10) Interval 5	1 min	High Intensity 7-8
11) Rest	1 min	Very Light 1
12) Interval 6	1 min	High Intensity 7-8
13) Rest	1 min	Very Light 1
14) Interval 7	1 min	High Intensity 7-8
15) Rest	1 min	Very Light 1

Warm-up



Week 7 and 8

	Completed (Y/N)	RPE at end of session
Week 7		
Session 19		
Session 20		
Session 21		
Week 8		
Session 22		
Session 23		
Session 24		

Training Plan

Every session this week should involve:

Duration



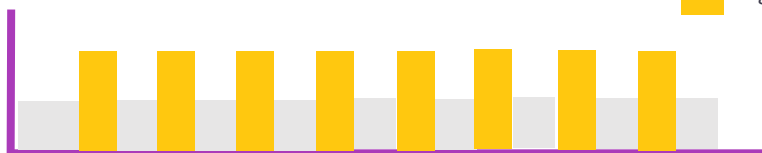
Intensity



Every session this week should involve:	Duration	Intensity
1) Warm up	2 mins	Very Light 1
2) Interval 1	1 min	High Intensity 7-8
3) Relax	1 min	Very Light 1
4) Interval 2	1 min	High Intensity 7-8
5) Relax	1 min	Very Light 1
6) Interval 3	1 min	High Intensity 7-8
7) Relax	1 min	Very Light 1
8) Interval 4	1 min	High Intensity 7-8
9) Relax	1 min	Very Light 1
10) Interval 5	1 min	High Intensity 7-8
11) Relax	1 min	Very Light 1
12) Interval 6	1 min	High Intensity 7-8
13) Relax	1 min	Very Light 1
14) Interval 7	1 min	High Intensity 7-8
15) Relax	1 min	Very Light 1
16) Interval 8	1 min	High Intensity 7-8
17) Relax	1 min	Very Light 1

Light intensity
High intensity

Warm-up



Week 9 and 10

	Completed (Y/N)	RPE at end of session
Week 9		
Session 25		
Session 26		
Session 27		
Week 10		
Session 28		
Session 29		
Session 30		

Training Plan

Every session this week should involve:

Duration

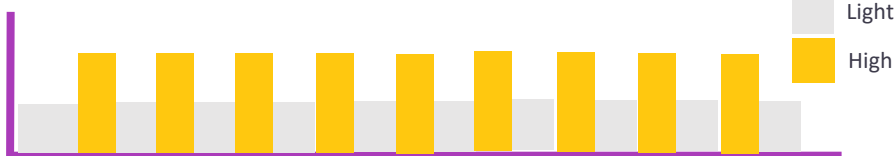


Intensity



1) Warm up	2 mins	Very Light 1
2) Interval 1	1 min	High Intensity 7-8
3) Relax	1 min	Very Light 1
4) Interval 2	1 min	High Intensity 7-8
5) Relax	1 min	Very Light 1
6) Interval 3	1 min	High Intensity 7-8
7) Relax	1 min	Very Light 1
8) Interval 4	1 min	High Intensity 7-8
9) Relax	1 min	Very Light 1
10) Interval 5	1 min	High Intensity 7-8
11) Relax	1 min	Very Light 1
12) Interval 6	1 min	High Intensity 7-8
13) Relax	1 min	Very Light 1
14) Interval 7	1 min	High Intensity 7-8
15) Relax	1 min	Very Light 1
16) Interval 8	1 min	High Intensity 7-8
17) Relax	1 min	Very Light 1
16) Interval 9	1 min	High Intensity 7-8
17) Relax	1 min	Very Light 1

Warm-up



Week 11 and 12

	Completed (Y/N)	RPE at end of session
Week 11		
Session 31		
Session 32		
Session 33		
Week 12		
Session 34		
Session 35		
Session 36		

Home-based Exercises

If you choose to perform our home-based HIIT exercises, we suggest that your 1-minute high intensity intervals should consist of **30 seconds** of the first exercise (e.g. Get Ups) then 30 seconds of the second exercise (e.g. Squat Touches).

These should follow one another **immediately**.

Tips

- 1) Pair exercises in the **same** category, low with low, medium with medium and high with high.
- 2) We suggest you start with **low** exercises in your first few sessions and build up to high exercises later in the programme.
- 3) You may need to pick **high** exercises for your first few sets to increase your heart rate and RPE. Then you can swap to low exercises.
- 4) In a set pick exercises that **alternate** having your hands on the floor (e.g. mountain climbers) and standing up.



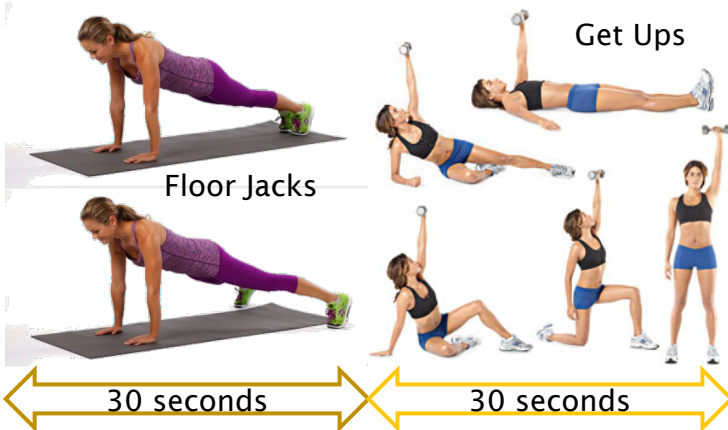
HIIT Exercises

Low Selection

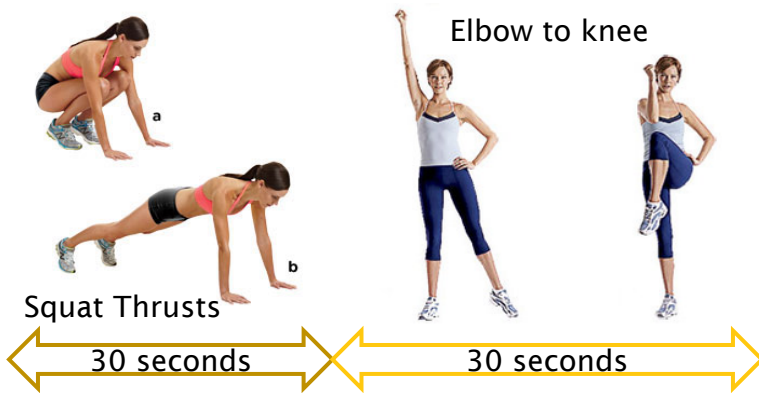
Example Set 1



Example Set 2



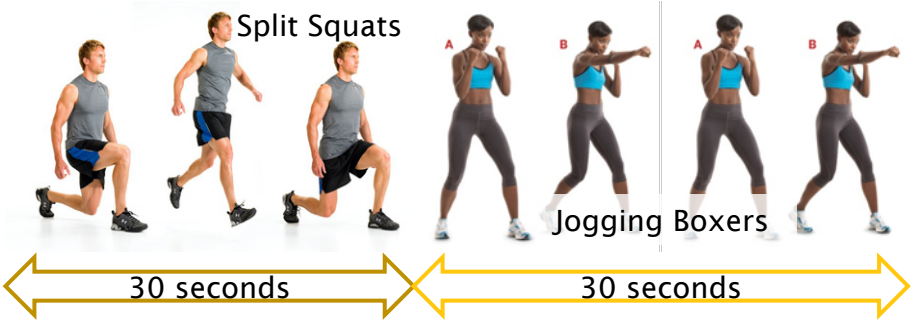
Example Set 3



HIIT Exercises

Medium Selection

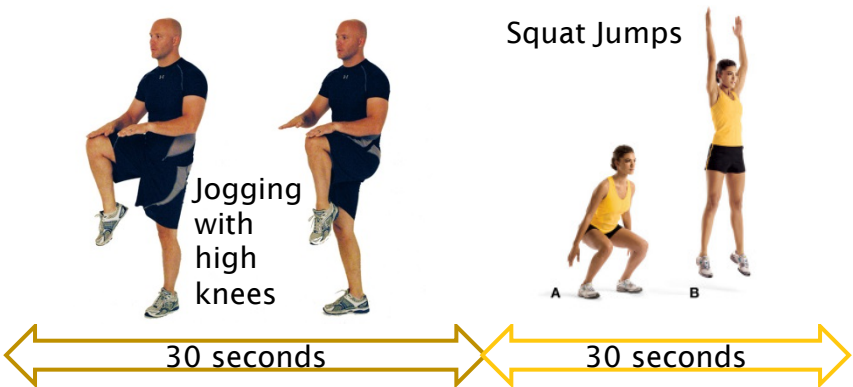
Example Set 4



Example Set 5



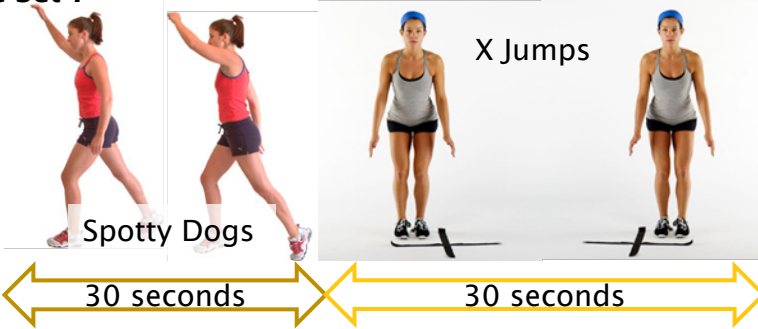
Example Set 6



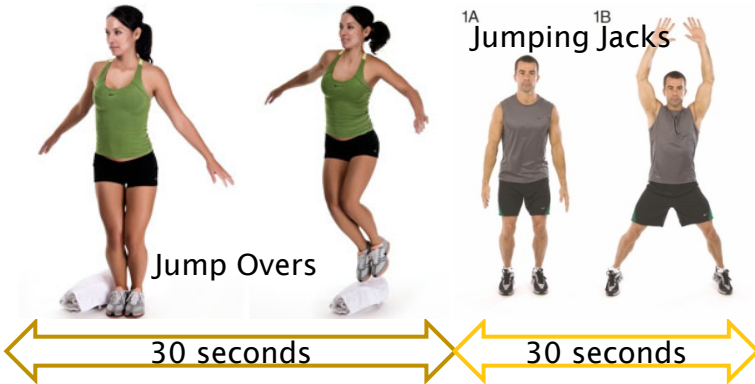
HIIT Exercises

High Selection

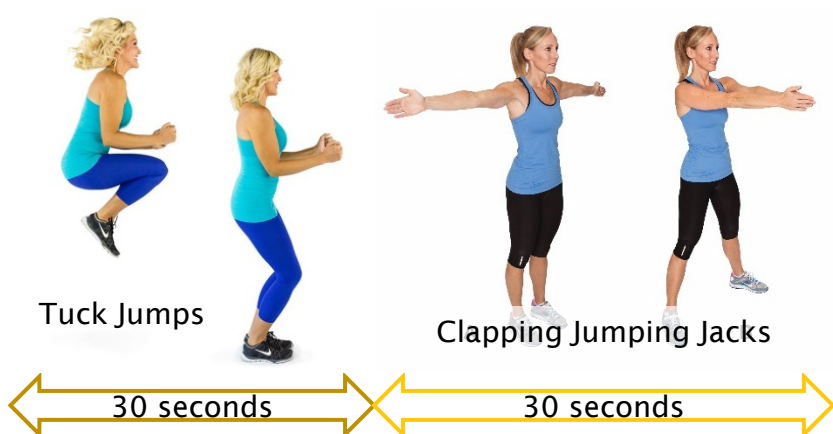
Example Set 7



Example Set 8



Example Set 9



HIIT Exercises

Low Selection



Mountain Climbers

- Start in push-up position.
- Pull your left knee towards your left elbow.
- Place your left foot back in the original position
- simultaneously bring your right knee to your right elbow.



Elbow to knee

- Raise your right hand up in the air above your head.
- Lift your left knee up and across your body to touch your right elbow.
- Remember to bring your knee to your elbow, do not bend down to bring your elbow to your knee.



Floor Jacks

- Start in push-up position with your feet together.
- Begin doing jumping jacks with your legs.
- Hop them wide, then hop them together.

HIIT Exercises

Low Selection



Get Ups

- Lay down on the floor then stand up tall as quickly as possible.
- Drop back down to the floor and repeat.
- If you want to make this harder you could add a weight to one hand (e.g. tin or bag of sugar).



Squat Thrusts

- Start with your body in a squatting position with your hands on the floor.
- Then quickly kick your legs backward into a push up position.
- Reverse the movement to return to start.



Squat Touches

- Take 2 steps to your left then touch the floor.
- Take 2 steps right and touch the floor.
- Keep on repeating this.

HIIT Exercises

Medium Selection

Split Squats



- Stand with your feet in a staggered stance, left foot in front of your right. Lower your body into a split squat.
- Quickly jump up and scissor-kick your legs so that you land with your right leg forward.
- As soon as your feet land, lower your body into a split squat.



Jogging Boxers

- Stand with feet slightly wider than shoulder distance apart.
- Punch out one arm at a time at a steady but fast pace.
- Jogging on the spot at the same time.

Burpees



- Begin in a standing position.
- Drop into a squat position with your hands in front of you on the ground.
- Kick your feet back into a push-up position
- Return your feet back to the squat position as fast as you can.
- Jump up into the air from the squat position, as high as you can.

HIIT Exercises

Medium Selection



Squat jumps

- Start standing with feet hip distance apart and lower into a squat position by bending the knees.
- Jump straight up and swing arms overhead.
- Land in a squat position and repeat.



Jogging on the Spot

- Jogging in place lifting the knees high to just below hip level
- Include arms by moving opposite arm to opposite leg.



Jogging with high knees

- While jogging in place, lift the knees high each time you jog.
- Try lifting the knees to hip level if you can.
- Hold your hands straight at hip level and try to touch your knees. Bring your knees up towards your hands, rather than bringing your hands down to your knees.

HIIT Exercises

High Selection

Spotty Dogs



- Begin in the position shown; with your right foot behind the other and your left arm being raised.
- Then jump to switch this position; your left foot should now be behind your right, with your right arm raised.



X Jumps

- Imagine a cross on the floor.
- Hop to each corner as quickly as possible.
- Repeat, switching directions halfway through.



Jump Overs

- Begin standing on the side of an obstacle (e.g. a rolled up towel) and double footed jump over,
- land and then quickly jump back over the step.

HIIT Exercises

High Selection

1A



1B



Jumping Jacks

- Stand with your feet together, arms extended by your sides.
- Jump up spreading your legs to wider than hip width apart.
- As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.
- As you return to the ground, bring your feet together and your hands back to your sides.



A



B

Clapping Jumping Jacks

- Start with your feet together, arms straight out to the sides at shoulder height.
- Clap your hands in front of your chest and jump just high enough to spread your feet wide.
- Without pausing, quickly return to the starting position.



Tuck Jumps

- Start in a standing position, slightly bending your knees. Hold your hands out at chest height.
- Lower your body quickly into a squat position, then explode upwards bringing your knees up towards your chest.
- Return to the ground with a soft landing and repeat.



Motivate



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