

Aerobic Fitness Prescription: High Intensity Interval Training (H.I.I.T.)

H.I.I.T

The purpose of high intensity interval training is to provide you with a practical experience that will advance your knowledge about the benefits throughout the interval. For the duration of the H.I.I.T. the athlete rode a stationary bike at 60-80 RPM at 1.5 kp. She was to work at 60-75% of her HRR. In the interval stages the resistance was increase to 3.5 kp. In the recovery stages the resistance was lowered to 1.5 kp. We wanted her to be between 15-17 on the Borg scale of perceived exertion. She indicated she was at a 15.

Training Segment	Time (min)	% of HRR	Actual HR (bpm)
Warm Up	5	60-75	80
Interval I	4	90	184
Recovery	2	60	150
Interval II	4	90	188
Recovery	2	60	152
Interval III	4	90	193
Recovery	2	60	152
Cool Down	3	≤ 50	145

$$HR_{\max} = 220 - \text{age} = 220 - 21 = 199 \text{ bpm}$$

$$HRR = HR_{\max} - HR_{\text{rest}} = 199 - 80 = 119 \text{ bpm}$$

$$\begin{aligned} \text{Training Zone} &= \% \text{ Intensity (HRR)} + HR_{\text{rest}} = 0.60 (119) + 80 = 151 \text{ bpm} \\ &= 0.75 (119) + 80 = 169 \text{ bpm} \end{aligned}$$

Clients Goals and Program

If you want to get the most out of your workout it is important to exercise at an intensity that is beneficial to your training. From the Borg scale it would be advantageous to work at or around a 13. For their training program we designed it to be somewhat hard. If it is too hard or to light please come talk to us and we can make the necessary changes.

The Borg Scale

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion