

HAVE YOU TRIED THIS YET?

“Interval Treadmill Routines”

Are you tired of the long walks on the treadmill, while at the same time you're not seeing the weight loss that you first saw when you started exercising? Well, maybe it's time to kick it up a notch by mixing it up and shocking your body with interval training. Performing interval training means you will take your routines to higher intensities while exercising for shorter amounts of time. This type of training has shown to burn more fat calories and will stimulate your metabolism long after your workout is finished, than a longer, lower intensity workout will. There are unlimited amounts of ways to perform this. To keep it simple you go fast then go slow while also having the option to use different inclines at times. Before you know you know it, you'll have broken that plateau of weight loss and you'll see the pounds shedding once again.



To develop your own routine, it will depend on what fitness level you are at. Ideally, if you're considering this type of training, you have already built a base of cardio training on the treadmill. After you have done this you can mix it as you so choose. Here are a few different concepts for this type of training:

1. AEROBIC INTERVAL TRAINING

An Aerobic approach to interval training will build your endurance and will burn the fat. This involves longer work periods and shorter rest periods. The idea is to not take it easy for that work time but to work at a speed that challenges you to be able to make it to the end of that work interval.

Here is an Example:

Work	Rest
2 min	30 sec
5 min	1 min
3 min	45 sec
2 min	1 min
5 min	30 sec

*Repeat these interval for 20–30 minutes

2. MAXIMAL HIGH-INTENSITY INTERVALS

This type of training is at VERY high intensity and is very effective for fat loss and cardio training. This will require you to push yourself to the maximum on every single work interval you do. Each work interval should be 30 seconds or less and the rest periods can be short or long.

Here is an Example:

Work	Rest
30 sec	30 sec
30 sec	1 min
20 sec	1 min
10 sec	30 sec
30 sec	2 min

*Start by doing 5 intervals, then work your way up to more, until you've reached a total of 15 minutes.

Find a routine that lies within in these examples and you've probably given yourself a great workout. Remember to allow for a warm-up for about 5 minutes and a proper time or way to cool-down. For a routine that would work best for you please ask the personal trainers on staff at the Nimkee Fitness Center.

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