

Activities



1. During PE or after school, complete some of the interval training sessions this month. Record your sessions in your health journal.

2. Create an interval workout that lists the activities and the number of minutes and/or seconds spent on each activity.



3. Draw a picture to illustrate an interval training session.



4. A family member that hasn't been exercising wants to start doing some interval training a few days each week. What advice or recommendations would you give your family member before they begin?

Home Connection This week, select an interval training session to do with your parents or another family member. Briefly write about this experience in your health journal.



Discussion Questions

What types of intervals have you done during PE or athletics?

Why are intervals a good option for people that quickly get bored with their workout routine?

Interval training



Interval training is alternating between a lower intensity exercise and a higher intensity exercise. Runners frequently use this type of training to prepare for long or short distance races. However, this type of exercise and training can benefit everyone. Research clearly shows that interval training is one of the best ways to improve your cardiorespiratory fitness.

Interval training begins with a warm-up and then with a low intensity exercise, such as jogging. The person jogs for 2 to 5 minutes or a particular distance, then does a higher intensity exercise, such as sprinting, for 30-90 seconds or a certain distance. Then, they go back to their jogging pace again for the same period of time or distance and then sprint again. The repetition continues for a period of time that provides a good workout. One of the benefits of interval training is that the body gets a higher intensity workout in a shorter period of time.

One of the great things about interval training is that it can be applied to all sorts of activities in or out of the gym. It is great to pair walking with jogging, or jogging with sprinting, but interval training can also be done on a stationary bicycle, a stair-stepper, or any activity where you can alternate periods of high intensity exercise with periods of low intensity exercise.



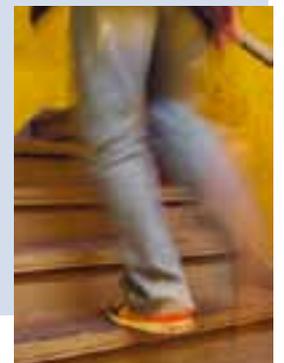
EASY DOES IT

It is important to begin interval training slowly. People that have been sedentary or who have certain health conditions should consult their doctor before beginning any exercise program. If you haven't sprinted much, you will want to make sure that you don't overexert yourself. You certainly want to challenge yourself during interval training, but you don't want to make yourself ill or collapse. Be smart and set your training level high enough to be considered vigorous, but not so high that you can't continuously complete the vigorous portion of the interval set.



Try the Interval Training Exercises Below:

- Brisk walking/Jogging
- Jogging/Sprinting
- Walking up a flight of stairs/Jogging up a flight of stairs
- Skipping/Jogging
- Moderately jumping rope/Vigorously jumping rope



Be Healthy and Wise and include some interval training in your workouts!