

HIIT (HIGH INTENSITY INTERVAL TRAINING): a training plan

#1 HILL SPRINTS

Advantage:

Hill sprints build leg strength while developing the cardiovascular system at the same time.

Warm-up

15 minutes of easy jogging

Followed by three 80 to 100 meter acceleration runs.

Gradually increase the tempo from a very easy jog to a sprint.

This way you will prepare your body for the strain of the main workout.

Main workout

15 x 50 meter hill sprints

Sprint up a steep incline at 100% of your strength. Focus on propelling yourself forward and using your arm strength to make you dynamic.

During the break walk down to the starting point as slowly as possible so that you can begin again as rested as possible.

Each week increase your repetitions by five – but don't do more than 25 sprints.

Instead, increase the distance of your sprint.

Cool-down

15 minutes of easy jogging

10 minutes of light stretching

#2 200 METER INTERVALS

Advantage:

To develop speed endurance and your aerobic/anaerobic metabolism.

Warm-up

15 minutes of easy jogging

Followed by three 80 to 100 meter acceleration runs.

Gradually increase the tempo from a very easy jog to a sprint.

This way you will prepare your body for the strain of the main workout.

Main workout

10 x 200 meter (track) intervals

Run half a lap (= 200 m) at about 95% of your strength.

After the tenth repetition you should reach the limit of your capacity.

Walk and jog the rest of the lap in the break to loosen up and start with the next 200 meter interval.

If you don't have access to a track, run very fast for 40 seconds.

Then jog for 2 minutes, followed by another fast 40 seconds.

Each week increase your repetitions by five – but don't do more than 30 intervals.

The next step is to increase the distance of your interval.

Cool-down

15 minutes of easy jogging

10 minutes of light stretching