

Intervals Workshop

Maximize Your IT Workouts Cheat Sheet

Intervals are your cardio short cut but boy can they ever cause a lot of confusion.

When referring to **Interval Training Workouts**, you will find me call them **ITs**.

The purpose of this workshop is to clearly define what IS and what is NOT Interval training along with the 4 key strategies you must have in place to experience an effective IT workout in order to achieve maximum results ~ all in just 15 minutes a workout!

Intervals are all about your experience.
You decide what works best and is most challenging for you.

How? Listen to your body!

Test out a variety of moves to decide which ones you enjoy and which ones you find to be a challenge and you are ready to take on to push outside of your comfort zone while staying safe.

One IT is not better than another.
What matters most is that you are #1 Consistent and #2 Challenged

Avoid making these mistakes – Overcomplicating the workout, killing yourself during a workout -see Intensity for details - and comparing your IT workouts to others.

Make A List

Test out a variety of cardio based moves. Organize them based on level of enjoyment, level of challenge, which you may do right after a strength workout, which you would do on an IT only day, indoor/outdoor, etc. Then decide how to match moves up with the timed format of your choice – using the 4 Key Strategies outlined in this workshop.

IT CliffNotes

What Are Intervals?

Intervals are brief, high intensity periods of exercise - where you work out as intensely as you can for your fitness level – anywhere from a 7 to a 9 on a perceived rate of exertion scale, alternated with active recovery periods - OFF - where you slow down just long enough to catch your breath before you repeat this circuit again.

ITs range from 10-15 Minutes in length.

There are a variety of timed formats to choose between.

60-60, 30-30, 30-60, 60-30, 45-15, 20-10

True ITs do not exceed a work period of 60 seconds. Reason being – a high level of intensity simply cannot be maintained. The entire point of ITs being effective is that they are short and intense. Mess with the intensity – decrease the metabolic effect. More is not better – Better is Better.

ITs can be performed right after a strength workout when following a 3 day a week workout schedule. ITs can be performed on days between strength workouts for a 6 day a week workout schedule. MAX is 4 IT sessions a week – due to the high intensity, recovery time is necessary.

4 Key Strategies

In order to experience a successful IT workout AND get results, you must have these 4 KEY IT Strategies in Place.

When watching the video workshop, take notes on what you discover about each strategies and what tweaks you plan to implement to maximize your IT workouts.

1. *intensity*

2. *recovery*

3. *right moves*

4. *progressions*

My hopes are that in reviewing this Video Workshop you get so much more out of Hearing me Explain the strategies and Watching me Demonstrate a variety of options.

Video coaching is one of my passions ~ if you could not tell....I just enjoy it so much and love knowing what a difference it helps make for you.

Please tell me about it by sending in your thoughts to Holly@FitYummyMummy.com

Can't wait to hear what tweaks you make, what AhHa's you discover and what a DIFFERENCE this makes to your Interval Training Workouts.

As always, if you need help with choosing an Intervals program or are interested in getting more personalized coaching and support, just ask!

Have fun!



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