

# HIIT CIRCUIT FORMATS

The HIIT (High Intensity Interval Training) formats that you will use for your project are formats that are efficient, easy to plan and most importantly, formats that you can use when you work out on your own. They are very practical. When you choose an athlete, you will have a required format from one of the 4 below:

- 1) **Minute Interval Formats-** This type of format has the work interval and rest interval equal 60 seconds. Some examples would include a 40/20 (40 seconds of work/20 seconds of rest); 45/15, 50/10, etc. Working on the minute is a fantastic format to use because it allows you to plan your workout time easily. For example, if you have 6 stations and want to move through those stations 3 times, then you would have an 18 minute workout.
- 2) **Tabata (20/10)-** The Tabata format was invented by a Japanese exercise researcher who used a 20/10 format. You work for 20 seconds and rest for 10 seconds and do several rounds. Because you are working for only 20 seconds the idea is that you push a very fast, intense pace and try not to rest. Also, you get a very short rest break (only 10 seconds). Since a Tabata = 30 total seconds you can do a lot of rounds in a circuit or pair up exercises. There are many ways to use a Tabata. For example, if you set up an 8 station circuit using Tabata and go through the circuit 3 times, it would be 12 minutes long.
- 3) **30/10-** This format is designed to add a little more endurance to the Tabata Format. You workout for 30 seconds (which is 10 seconds longer than the Tabata format) and only rest for 10 seconds. Some athletes may prefer this method because they have a little more time to get quality reps in.