

Fitness Tip of the Day: Interval Training

Interval training is a fairly simple concept. Push yourself really hard for about 30 seconds, rest and repeat. I suggest taking just enough rest to recover to the point of being able to push yourself again with 100% effort. I also suggest doing anywhere between 4 and 10 "sprints."

Keep in mind intervals will look different for everyone. For an untrained individual just starting out this could be intervals of fast and slow paced walking. For trained athletes this could be sprints of some kind.

Benefits Include:

Shorter cardio sessions

Improved blood pressure

Improved cholesterol profile

Improved cardiovascular health and conditioning

Fat loss

Muscle Gain

Improvements in insulin sensitivity

Looking better in your swimsuit...

For more info come see me in the Fitness Room

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