

SK FitLife HIIT

Finding Your Right “Sprint Speed”

Finishing Strong...

- ❖ In order to sustain the same sprint speed throughout every round, you must first start out at a speed that is about a 7 on a scale of 1-10 (see below).
- ❖ Each sprint speed will be different based on the length of the sprint (:20 versus :45), the incline of the treadmill or hill, and your overall energy level that day.
- ❖ Please be patient with yourself when trying to figure out your sprint speed and keep challenging yourself to push beyond your limits.
- ❖ Please use caution when learning how sprinting feels on the treadmill. It is better to start out at a comfortable speed and work up to faster speeds. Running like the wind stories are great, but flying off the back of the treadmill are not;-).
- ❖ When transitioning from the “sprint” speed to the “recovery/slower” speeds, firmly grip the handrail and “hop” onto the side platforms of the treadmill while you bring the treadmill down to the slower speed. Then, while still holding the handrails, step back onto the treadmill for the recovery period. (Please watch the HIIT WoW video to see how it is done.)
- ❖ When transitioning from the “sprint” speed to the “rest” period in the Tabata sprints, firmly grip the handrail and “hop” onto the side platforms of the treadmill for entire 10 seconds. Then, while still holding the handrails, “hop” back onto the treadmill for the next sprint. As soon as you are stable and your feet are sprinting, remove your hands from the handrail. (Please watch the HIIT WoW video to see how it is done.)

On a Scale of 1-10...

- 1= Sitting pretty, no effort, just chillin’.
- 2= Easy stroll.
- 3= Walking at an easy pace. Can still easily carry on a conversation.
- 4= Walking at a brisk pace.
- 5= Talking becomes more difficult. Think “mall walker”.
- 6= Can still manage to talk on your exhalations.
- 7= Tough but you can maintain the pace for periods of time less than 60 seconds.
- 8= A real challenge. No talking during this pace. Focusing on breathing.
- 9= Huffing and puffing. Can’t push much harder.
- 10= As hard as you can work. MAXIMUM effort.

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How to Track Your Training Progress

3 Ways to Measure Your Gym Progress

- 1.) Amount of weight you are lifting.** You will notice a place to record the weight you are using during your training. Challenge yourself to use heavier weights as the month progresses.
- 2.) Speed of your sprints.** The HIIT WoW plans have a column for recording your speed. I challenge you to try to reach and beat my “Rock-It” speeds AND to beat your week’s first attempt.
- 3.) Number of Reps.** The HIIT WoW plans have a column for recording the number of reps you complete during the allotted time. I challenge you to try to reach the number of reps I completed during my training AND to beat your first attempt of the week.

“Rock-It Speed” is the speed I was able to complete my sprints. I challenge you to beat my time!

Try to maintain the same speed for each sprint. Resist the temptation to reduce the speed when it gets tough. Rock it out!

HIIT CARDS	Incline	Time	Rock-It Speed (mph)/Actual (1 st /2 nd)	Repeat x Times
Walk	2%	2:00	4.0/_____/_____	1
Sprint Series #1	2%	:40	9.0/_____/_____	6
	2%	1:20	3.5/_____/_____	
Sprint Series #2	2%	:30	8.0/_____/_____	6
	2%	1:30	6.5/_____/_____	
Walk	2%	2:00	4.0/_____/_____	1
TOTAL TIME TO COMPLETE = 28 Minutes				

Record the speed you were able to maintain during your first HIIT WoW session.

Record the speed you were able to maintain during your second HIIT WoW session. Try to beat your first time!

