

Fit Bit Friday 151

The HIIT the Track Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: As you'll see in the chart below, you'll be doing some sprints (the high-intensity interval part) mixed with some active recovery time and strength-building bodyweight moves. The sprints should be 100% all-out, but move at whatever pace feels easy to you for the recoveries. Either drop your pace to a jog, or even further to a walk if you feel the need to do so. For the strength moves, focus on technique rather than speed. You can do 100 squats with crappy form but that won't get you the same nice results as 10 squats with great form!

Sets	Exercise	Reps
	Warm-Up: Run 2 laps at an easy pace around the track.	15
Strength 1	Bodyweight Squats	50
	Push-Ups - Modify and/or take a short break at half way if necessary.	20
HIIT Block	SPRINT: Run 1 lap as fast as you can around the track	1 lap/400m
	Recovery Jog: Slow down to an easier pace for 1 lap	1 lap/400m
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Strength 2	Pendulum Lunges - Plant one foot flat on the ground. Swing the other foot forward and land in a forward lunge. Push off through the ball of that front foot and in one fluid motion, bring it back into a backward lunge. Continue moving it from front to back for all reps, then switch sides.	20 each side
	Triangle Push-Ups - Get into push-up position, placing hands narrower than usual, forming a triangle with your pointer fingers and thumbs. Perform push-ups as usual, but with this narrower hand placement.	15
	Repeat HIIT Block	1 mile
Strength 3	Single-Leg Squats - Perform 10 on one leg only, letting the non-grounded leg point forward. If you can do a pistol squat, do that instead. Use a bench or other sturdy object for support if necessary.	10 each side
	Push-Up Planks - Start in high plank pose. Do a pushup, then lower down one and at a time into low plank. Again, one hand at a time, move back up into high plank. That's one. One push-up plus one low-low-high-high is 1 rep.	15
	Repeat HIIT Block	1 mile
	Cool down: 1 final easy lap around the track + stretch	400m

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