

## **HIT Aerobic Program**

A program based on the Tabata system. It requires the athlete to work near maximally for 7-8 seconds rest for 22-23 seconds and hit up the activity every 30 sec. This is a 20min program that is suitable for most physically active members who train regularly.

### **1. Warm up**

- a. 5-10mins basic stretches

### **2. Conditioning Phase – minimum 20 minutes**

#### **a. Choose one of the following stations**

- i. **Bike**
  - ii. **Rower**
  - iii. **Pilates**
  - iv. **Skipping**
  - v. **Combinations of the above**
- b. **Your work effort ought be around 85% perceived effort.**
  - c. **This is a 30 second cycle – 7-8 sec work and the remainder a slow active ‘rest’ – then same again on 30 seconds**
  - d. **Minimum 20 minute work out**

### **3. Want to check out what your ‘perceived effort’ translates into a working HR?**

- a. **Count pulse for 15 sec – double that number and double it again**
- b. **Eg 41 – 82 – 164bpm**

### **4. How to check Heart Rate (HR)?**

- a. **220 – your age, then 55% of that figure**
- b. **eg 220 – 41yo = 179 therefore working HR approx. 100 beats per minute (bpm)**

### **5. Warm down**

- a. **5-10mins Stretching – all muscle groups**