



Every movement and break is :30 long. Watch the timer on your clock or use a timer app. My favorite is Interval Timer, which is completely customizable.

(This is the same HIIT workout I posted on YouTube.)

**Warm-up (all :30 each)**

- High knees (low impact)
- Hug & love
- Jog in place
- Single leg glute bridge R
- Single leg glute bridge L
- Jacks

*Every movement :30 on :30 off.*

*Work hard enough so you feel you are at an 8.5 or 9 on a scale of 1-10 (10 is hardest)*

Jump squats

Squat thrusts

**REPEAT**

180 jump squats

Plank jacks

**REPEAT**

Burpees

Squat jacks

**REPEAT**

**BONUS ROUND**

Jump switch lunges

Mountain climbers

**Cool-down**

- Leg circles
- Hip flexor stretch (both sides)
- Hug & love
- Hamstring R
- Hamstring L
- Wide squat w/reach

**CONGRATULATIONS!** You are done for the day. Remember to drink your water and fuel well for your next workout!



### High Intensity Interval Training - Treadmill/Elliptical Workout

Time	Description	Total Time
3	Warm up	3
2	Walk/Step at brisk pace	5
2	<i>:20 on/:10 off run at 70% effort - 4 times</i>	7
3	Walk/Step at moderate pace - 50-60% effort	10
2	<i>:20 on/:10 off run at 80% effort - 4 times</i>	12
3	Walk/Step at moderate pace - 50-60% effort	15
2	<i>:20 on/:10 off run at 90% effort - 4 times</i>	17
3	Cool down - walk/step at 40% effort	20
	Listen to your body! Adjust your intensity efforts as necessary.	
	During intervals, keep speed consistent. Use handrails to jump on and off if using a treadmill.	



Find a 100-yard football field or track. Typically, the “straight” on a track is 100 meters.

### **Warm-up**

Spend at least 10 minutes, preferably 15, warming up! You will be activating a lot of muscles and don't want to injure anything.

#### *Options:*

*Walk or lightly jog* one lap around the track.

*Single leg glute bridge* 10 reps each side, 2 times total (see HIIT warmup for demonstration)

*“Track kicks”* - Take three steps and swing your leg through in a kick. Continue for about 50 yards.

*Single leg balance to lunge* with hip flexor stretch. 10 times each side

*Figure 4 stretch* (cross one ankle above the opposite knee. If standing, squat down with supporting leg. If lying down, bring the leg supporting the crossed leg toward your chest).

*Jog* 100 yards/meters.

### **HIIT set:**

- Activate a clock. (I just use the clock timer on my phone. You can also use a watch or interval timer app.)
- At the beginning of a minute, run HARD from goal line to goal line on a football field or for 100 meters on a track.
- Rest until the minute turns over. (If it takes you 27 seconds to run 100 yards, rest 33 seconds until the minute is up.)
- Repeat.
- Do a total of 15 runs.

### **Cool-down**

*Walk* a total of 400 yards

*Hip flexor stretch:* in a kneeling position, bring your right leg in front of you so it makes a 90 degree angle. Your supporting leg should be at a 90 degree angle as well. Squeeze your left glute and press your hips forward slightly. Do not arch your back. You should feel a stretch in the front of your left hip area. Repeat on the other side.

*Runner's stretch:* in a plank position, bring one leg between your hands. Hold for 30 seconds then repeat on the other side.

*Check in with your body* and stretch anything else that seems tight or needs attention.

**CONGRATULATIONS!** You are done for the day. Remember to drink your water and fuel well for your next workout!