



WHY INTERVAL TRAINING?

By Jenny Evans, PowerHouse Performance Coaching

PowerHouse Hit the Deck™ is an interval training workout. Interval training is a very effective way to improve your fitness, build your energy capacity, increase your ability to tolerate stress, and to teach the body to recover from stress more efficiently. Interval training can be defined as repeated bouts of high-intensity exercise with intermittent recovery periods. This type of training allows for a higher total volume of high-intensity work. In every day life, your heart rate does not stay at the same rate — it fluctuates greatly throughout the day depending on your activity as well as stress levels.

What will it do for me?

Doing bursts of hard exercise not only improves cardiovascular fitness, but also the body's ability to burn fat — even during other low or moderate intensity workouts. (*Journal of Applied Physiology, May 2007*)

You can burn more energy in a 30-minute interval training workout than if you were to do 30 minutes at a sustained, moderate heart rate.

You are increasing the body's ability to tolerate stressful situations by exposing it to stress and then training recovery. It helps with any kind of stress — mental or emotional — as well as physical. You are training your body to recover from stress as quickly as possible.

Many people (myself included) report that time seems to go by more quickly when interval training. You are mentally focused on getting your heart rate up, then getting it down, instead of how much total time is left in your workout.

How hard should I be working during my high intensity intervals?

You should be able to talk and breathe at the same time, though not sing and breathe at the same time — about 80-85% of your maximum heart rate. It should be uncomfortable, but not painful.

What should the lengths of my intervals be?

Have fun with it! You can go by time, distance, landmarks, how you feel or even songs on your iPod. Guidelines vary, but the high intensity phase should be between 1 to 5 minutes and recovery periods should be just long enough for you to feel recovered. Over time you would want to spend more time in your high intensity phase and less time in your recovery phase. For example, one of my favorite interval workouts is dictated by my iPod: after warming up I find a song I like, and then I go hard for the duration of the song. When the song is over, I decrease my intensity and begin shuffling through my playlist until I find the next song that inspires me. As soon as the new song starts, so does my interval.

(continued on next page)

I like to walk — can it be an interval training workout?

Any workout can be made interval. All you have to do is increase and decrease the intensity. For example, if you like to walk, stride out and swing those arms for 4 blocks, then slow down for 1 block. If you swim, go hard for 5 laps, then decrease your intensity for 2 laps.

**Interval training is not for everyone.
Consult your physician before starting interval training or any intense physical activity.**

To have Jenny Evans come and speak to your group or organization on stress, productivity, performance and health, contact her at:

PowerHouse Performance Coaching

Phone: 612.644.9292

Email: jenny@powerhouseperformancecoaching.com

ABOUT JENNY

Jenny Evans, B.S., C.P.T., C.F.T., is a performance coach, TV correspondent and esteemed expert on resiliency, stress, performance, exercise physiology, nutrition and health. She is known for her passion and straightforward approach to improving personal & professional success. Her dynamic presentations inspire, entertain and educate Fortune 500 audiences worldwide to increase their capacity for stress and to discover how to recover from stress more quickly and effectively. She works with thousands of C-suite executives, leaders and employees within organizations to educate them on the value of becoming more resilient. Clients improve their performance and productivity all while enhancing their health.

Jenny's client list includes Yale School of Management, AT&T, Target, Citi Smith Barney, Estée Lauder Companies and Proctor & Gamble, and has been featured on National Public Radio, Shape, Elle, Women's Health, Redbook, Woman's World, and Lifehacker. She serves on the Board of Directors for the National Exercise Trainers Association and has been an A.C.E. Certified Personal Trainer and Group Fitness Instructor for over 15 years.