

# Take Your Workout to the Next Level

The best way to get more out of your exercise time is to focus on higher intensity workouts. The best thing about these kinds of workouts is that they're shorter, so you can squeeze them in even if you don't have a lot of time.

Interval training is one of the single best ways to increase your fitness while burning more calories. And the best thing is, you can do it with just about any workout. Just work hard for a period of time (say 30-60 seconds), rest for the same length of time or longer (or shorter!) and repeat. Example of one great interval workout:

## **30-60-90- Mixed Interval Training Workout**

This mixed interval workout is a type of high intensity interval training (HIIT) that helps build endurance, increase your anaerobic threshold and burn more calories and fat both during and after your workout.

For this workout, you'll cycle through three levels of intensity during your work sets. The levels are: very hard (e.g., Level 9 perceived exertion), moderately hard (e.g., Level 8) and somewhat hard (e.g., Level 7).

## **What You Need for the Mixed Interval Training Workout**

You can do this workout on any cardio machine (set to manual mode) or with any outdoor activity. You can use a treadmill or stationary cycle. Outdoors, you can run or bike and vary your speed to change the intensity at each interval.

Be sure that you have a water bottle with you as this is a long workout and you should be taking a drink at the end of each interval block. Drink whenever you are thirsty as well, and take a good drink of water at the end of the workout.

If you are new to working out (or to interval training), start off with completing one Mixed Interval Block. As your endurance increases, begin to add on another Mixed Interval Block until you build yourself up to doing all four. Be sure that you ALWAYS start off with a warm up and end with a cool down (no matter if you complete one or four of the Interval Blocks).

If you try this, let me know how it goes. Enjoy the experience of feeling stronger, having more endurance and being healthier!!! Remember, if it doesn't challenge you, it doesn't change you.

## 30-60-90 Mixed Interval Training Workout

Time	Intensity/Speed	Perceived Exertion
5 min.	Warm up at an easy to moderate pace	4 - 5
5 min.	Baseline: Increase the speed gradually to slightly harder than comfortable	5
	<b>Mixed Interval Block 1</b>	
30 sec	Increase your pace or resistance to work all out	9
30 sec	Reduce the speed to a comfortable pace to fully recover	4 - 5
60 sec	Increase your pace or resistance to work very hard	8
60 sec	Reduce the speed to a comfortable pace to fully recover	4 - 5
90 sec	Increase the pace or resistance to work at a moderate-hard pace	7
90 sec	Reduce the speed to a comfortable pace to fully recover	4 - 5
	<b>Mixed Interval Block 2</b>	
90 sec	Increase the pace or resistance to work at a moderate-hard pace	7
90 sec	Reduce the speed to a comfortable pace to fully recover	4 - 5
60 sec	Increase your pace/resistance to work very hard	8
60 sec	Reduce the speed to a comfortable pace to fully recover	4 - 5
30 sec	Increase your pace or resistance to work all out	9
30 sec	Reduce the speed to a comfortable pace to fully recover	4 - 5
	<b>Mixed Interval Block 3</b>	
30 sec	Increase your pace/resistance to work all out	9
30 sec	Reduce your speed to a comfortable pace to fully recover	4 - 5
60 sec	Increase your pace/resistance to work very hard	8
60 sec	Reduce your speed to a comfortable pace to fully recover	4 - 5
90 sec	Increase the pace or resistance to work at a moderate-hard pace	7
90 sec	Reduce speed to a comfortable pace to fully recover	4 - 5
	<b>Mixed Interval Block 4</b>	
90 sec	Increase the pace or resistance to work at a moderate to hard pace	7
90 sec	Reduce your speed to a comfortable pace to fully recover	4 - 5
60 sec	Increase your pace or resistance to work very hard	8
60 sec	Reduce your speed to a comfortable pace to fully recover	4 - 5
30 sec	Increase your pace or resistance to work all out	9
30 sec	Reduce your speed to a comfortable pace to fully recover	4 - 5
	<b>Cool Down</b>	
5 min	Cool down at an easy pace	3 - 4
<b>Total:</b>	<b>39 Minutes</b>	

Resource: [www.verywell.com](http://www.verywell.com)