Flipping 50's

7 SIMPLE INTERVAL TRAINING WORKOUTS

PLUS: TWO 7-MINUTE TRAVELING CIRCUITS

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WHY INTERVALS?

- They boost fat burning compared to slow and steady state exercise.
- They support hormone balance.
- They’re time efficient: Take as little as 10 minutes and or as much as 20. My favorite routine is 20-minutes including the warm up and cool down.
- They prevent boredom.
- Once or twice a week short interval sessions fit nicely into other short strength, and or lighter walking activity.
- You’ll feel better, not just tired.
- A specific plan is better than “going to exercise.”
- Intervals adapt to any mode of exercise.
- Whether you’re a beginner or experienced you can do intervals.

SUCCESSFUL INTERVAL TIPS:

1. **Warm up** before each interval session. Make the warm up progressive in a way that matches the type of interval you’re going to do. See tip #2.

2. Use one variable (speed or incline/resistance) as the interval and keep the other constant. You can control your progress easier and detect a problem with one or the other before it becomes an issue. (e.g. use a constant speed of 3.5 and vary incline or use a constant 1% incline and vary speed during your interval)

3. If you don’t feel fully recovered when it’s time to do another interval, recover longer until you are ready.

4. The highs and lows of interval training should be both higher and lower than your moderate steady intensity. Don’t shortchange yourself on the recovery or you’ll reduce the effectiveness of the interval session. The harder you work during the interval the closer to barely moving during the recovery period you’ll be.
5. **Cool down** after every interval training session. Bring yourself back to a very comfortable level of talking and breathing through your nose. Stretch well, holding 15-30 seconds paying particular attention to the hips.

*Notice that the short intervals involve equal length or longer recovery. Smart interval training begins this way. If you’re experienced with interval training it may be appropriate to shorten the recovery period to less than the work period. Seek the advice of a personal trainer, strength & conditioning coach, or medical exercise specialist if you aren’t sure what’s best for you.*

**Longer intervals are designed to increase aerobic fitness, endurance, and your ability to sustain exercise at a slightly higher intensity longer.**
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**INTERVAL #1**
1:00 high intensity interval  
1:00 recovery

**INTERVAL #2**
0:30-second high intensity interval  
1:00 recovery

**INTERVAL #3**
2:00 high intensity interval  
3:00 recovery

**INTERVAL #4**
3:00 high intensity interval  
2:00 recovery

**INTERVAL #5**
4:30 easy-to-moderate intensity  
0:30 high intensity (all out)

**INTERVAL #6**
8:00 high intensity interval  
3:00 minute recovery

**INTERVAL #7**
10:00 easy  
10:00 moderate  
10:00 high intensity
FOLLOWING INTERVALS:
Stretch well after interval training. If you’re moving right into resistance training, follow your resistance training with a short cardio cool down and then a good stretch. Core exercises go before your final stretch.

YOUR SEQUENCE:
1. Warm up
2. Interval set
3. Cool down
4. Resistance training (optional, followed by core exercises)
5. Stretch

Heavy resistance training requires recovery, too. If you’re doing both heavy weights and high intensity intervals, plan plenty of recovery between sessions. Hint: Your body may not cooperate and wait till the weekend to need rest!

Adequate rest between tough interval training sessions. If you’ve done an exhaustive intervals on Monday, for instance, wait to interval again on Thursday or Friday.

Intervals involving speed contribute to injury risk more than those from resistance (aka, incline or hills). More injuries and fewer results occur with
the “more must be better approach.” Vary how you do intervals and do them infrequently for best results. Plan your recovery time as carefully as you do your work time.

Remember life itself can be high intensity. Consider what else is going on. Big stressors at work or home need to be a part of your exercise plan. Balance a heavy week of “other” stressors with a lighter exercise schedule.

TRAVELING INTERVALS
Here’s your flip for the hotel gym on days you can’t get outside to exercise while traveling. These two hotel-room-worthy sequences are body weight only. Consider them your new back-up plan if you need it.

MAKE IT YOURS:
If a specific exercise doesn’t work for you, substitute another that does. If you’re removing a lower body exercise, however, substitute a lower body exercise. For instance, if lunges don’t work for you, do standing knee lifts. The alternating of upper and lower body exercises helps boost your heart rate.

HOW TO:
This sequence is designed to be 7-8 minutes long. Perform each exercise 30 seconds. That means you would do the first boxing sequence 15 seconds on your right side and 15 seconds on your left. You can do the rear lunges all right and switch or alternate them.

Move quickly between exercises. Only go as fast as you can maintain good form during exercises.
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TRAVELING CARDIO-ONLY CIRCUIT
Jab-Cross-Jab-Knee
Squats
Jab-Jab-Cross-Jump Turn
Plié Squats
Upper Cut Slow 4 Quick 8
Step –Front Kick 1-2-4-6-8
Jab-Cross-Hook
Rear Lunges
Jab-Cross-Hook-Upper
Side Kick step-step-Side Kick (alternate sides)
Jab-Cross-Jab-Cross
Lunge Low 3 pulses + Kick (R 15 seconds then L 15 seconds)
Renegade Rotation (without weight)

TRAVELING CARDIO-STRENGTH CIRCUIT
Boxing: Jab-Cross-Jab-Cross
Wall Sit
Push-up
Abdominal Reverse Roll Up
Step-up onto chair (or high knees)
Squat
Plank with leg lift on a chair seat
Side Lunges
Triceps dip on chair
Plank Core with 2 knees
High knees in place
Rear Lunge
Push-up and rotation
Side plank
EAT WELL ON THE ROAD:

If you’re traveling, the number one thing to slide is nutrition. It can be a challenge to eat well on the road – especially at breakfast, but it can be done. I always pack protein powder, nuts & seeds, packages of oatmeal, and a Kind bar or two. I stir the protein shake mix into oatmeal, or carry powdered coconut milk.

Alternatively, I ask for a refrigerator in my room and make a first stop at a store for almond or coconut milk for simple shakes. If I’m driving to my destination, I take my Nutribullet. It may take some getting used to but it’s a little effort to feel great both away and when you get back home.

**Hint:** High quality protein powders don’t dissolve as easily. I carry a mini whisk in my suitcase too. It’s been around the world with me.

Ready to try a Protein Shake? Click here to read about which one makes the most sense for you and use Take10off to get started with a savings.
ADDITIONAL RESOURCES

Join the community for weekly research-into-actions you can take

Get a list for Habits of the Fit and Fabulous After 50!

You Still Got It, Girl! The After 50 Fitness Formula For Women online course

Flipping 50 Fitness Blog (with live coaching)

Get both my Smoothie and Smoothie Bowl Guides to boost protein deliciously

Watch the Flipping 50 TV show! Available on iphone, ipad, and Apple TV free. Just download the Wellness TV app in itunes for access to all current and future episodes.

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