

RUNNING HIGH INTENSITY INTERVAL TRAINING PROGRAM (HIIT)

- This workout can be done on a treadmill with a heart rate monitor.
- Your “rate of perceived exertion” is related to the “exercise rating scale” leaflet on the website.
- Below is an example of a HIIT. The heart rates shown in this example were calculated for an individual.
- A very crude way of calculating your maximum exercise heart rate is subtract your age from 220. For example, $220 - 35 = 185$ bpm (beats per minute).
- Each “interval” in the HIIT should push you to about 80% of your maximum heart rate.
- The treadmill speed shown in the table below is related to your heart rate and your capability and is thus individual and needs to be bespoke.
- Please consult your health care professional if you have any queries.

Phase	Time elapsed	Activity	Duration	Speed	Heart rate (bpm)	Rate of perceived exertion
Warm up	0:00	Walk	1 minute	4.8	<100	3-4
	1:00	Jog	2 minutes	8	>100	4-5
Interval 1	3:00	Walk	1 minute	4.8	Around 60%	4-5
	4:00	Run	2 minutes	12	176bpm	8-9
Interval 2	6:00	Walk	1 minute	4.8	Around 60%	4-5
	7:00	Run	2 minutes	12	176bpm	8-9
Interval 3	9:00	Walk	1 minute	4.8	Around 60%	4-5
	11:00	Run	2 minutes	12	176bpm	8-9
Cool down	13:00	Walk	2 minutes	4.8	Around 60% (130bpm) and decreasing	3

Total time: 14 minutes