

Change Your Body Boot CampsSM Interval Training Program

Cardiovascular Exercise

Cardiovascular exercise for fat loss can be done with both high intensity and low intensity effort. An example of high intensity exercise would be running and low intensity exercise walking. A simple difference between the two is that it takes more time with walking (low intensity example) to achieve the same fat loss goals. Also, this extra walking may decrease lean mass, which isn't so bad if you just want to lose weight. I would however, recommend combining the walking with resistance training so at the very least you maintain your lean mass. High intensity cardiovascular exercise on the other hand not only burns fat in less time, but also contributes to the maintenance and possible building of lean muscle mass.

Interval Training

There are two main types of anaerobic interval training for fat loss (anaerobic means without oxygen). The first we'll call, regular or moderate intensity interval training, and the second, High Intensity Interval Training (HIIT). The difference is primarily in the rest periods. Regular interval training uses rest periods 1-5 times longer than the work period and HIIT uses rest periods that are usually half of the work period. The work period for both can be characterized or defined as short burst type efforts and/or maximal sprints, completed for time, distance or reps. Both forms of interval training can be used with resistance training and cardiovascular exercise. A way you can use interval training for resistance training is to complete an exercise for a set length of time and strive to accomplish as many repetitions as possible within stated time.

Interval Training for Performance

Regular interval training may be better suited and safer for sedentary populations not training under the supervision of a competent coach compared to HIIT. It is also better for individuals looking to improve maximal speed, strength, power and/or lean mass in addition to decreasing fat mass as the extended rest allows for greater recovery and return to baseline of energy stores. HIIT on the other hand may be safer for more fit populations or under a coach's supervision and is great for increasing anaerobic and aerobic performance and maximal oxygen consumption (VO₂ max). It is not so great for increasing maximum speed, strength or power due to the lack of full recovery of the Phosphagen Energy System, the system responsible for providing the "juice" for maximal short duration efforts.

What if your goals aren't speed, strength or power goals? That's o.k. Just know that by training for fat loss, you'll improve these qualities and vice versa. Just because your speed, strength or power improves, doesn't mean you're going to the Olympics or

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going to become a football player. We all need speed, strength and power in daily life for activities like rushing across a busy street (speed), lifting heavy grocery bags (strength) or getting out of a chair/ascending stairs (power).

Interval Training for Fat Loss

Therefore interval training may be better suited for fat loss because it reduces body fat in less time compared to steady state training, depletes glycogen stores (stored carbohydrates) faster, burns more calories at rest (fat), is time efficient and can maintain and/or increase lean mass. It is also fun and makes the time go by quicker.

Interval training should be your primary conditioning method if you have no risk for heart disease, cancer or diabetes and are just out of shape and you have limited time. This will give you the most bangs for the effort. If you have up to 3 hours available / week to exercise, I would suggest 3 thirty minute interval strength routines and 3, thirty minute interval conditioning routines for fat loss.

Aerobic Interval Training for Weight Loss

Aerobic Interval Training is similar to anaerobic interval training, in that you have a burst followed by a recovery. A simple difference is the burst is much longer (3min or greater), the burst is less intense (rate of perceived exertion or RPE is 7-8 out of 10, vs. 10 out of 10 or 9 out of 10), it uses oxygen (oxygen's presence helps produce energy by preventing lactic acid) and the rest period is 1-3 times the work period.

Aerobic Interval Training for weight loss is useful if you have 3-4 hours / week to exercise. This is a great way to burn more calories during and after exercise compared to steady state aerobic exercise and it is less difficult to recover from compared to additional anaerobic interval training.

High Intensity Steady-State Aerobic Training for Weight Loss

This is simply hard cardio, a constant RPE of 6-7 out of 10 sustained for time. If you have 4-6 hours available / week to exercise, add this. This will again burn more calories and help you get toward your weight loss goals. Think total calories expended per week. The more burned, the closer you are to your weight loss goal.

Low Intensity Steady-State Aerobic Training for Weight Loss

Low intensity steady-state aerobic training for weight loss is going for a walk, yard work or simply being active. It won't burn many calories, but it burns more than sitting on your duff. If you have more than 6 hours per week and you're not competing or training for a sport, do this.

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The Plan

Now that you know more about Cardiovascular Exercise, here's your plan. (1) Master your nutrition. If it's not helping you it's hurting you. (2) See #1. (3) If you're just looking to burn fat, build muscle and get in shape, then perform 3 days of strength and 3 days of high intensity anaerobic interval training. Everyone will get stronger, increase their stamina and lose inches if you correct your nutrition and follow the strength & conditioning plan. Some of you will lose weight too. (4) If you want to see the scale go down every week and know you are losing weight, then add the following: men aim for 175 minutes of total cardio/week and women, 250 minutes of total cardio/week; this includes interval training in class (~20min / day), but not the strength. To clarify, women will need to do roughly 3 additional days of 60 minutes and men roughly 3 additional days of 30 minutes.

Then follow the plan as outlined below.

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Conditioning

All forms of conditioning begin with a 5 min warm up and end with a 5 minute cool down. The first conditioning option below is what we perform in class. #'s 2-5 are optional and can be used if you want to maximize your effort. The main goal right now is to complete your minutes.

1. Anaerobic Interval Training: interval rounds (20 total minutes / workout); continue to aerobic interval rounds if time allows.

Cardio A: (1) 4 weeks, 1min sprint: 3min recovery x5, (2) 4 weeks, 1min sprint: 2min recovery x7, (3) 4 weeks, 1min sprint: 1min recovery x10, (4) unload 1 week, 6 days x45min walk every day (outside preferably)

Options: Running-Jogging, Elliptical, Jump Rope-Agility Step, Burpees-Jumping Jacks.

Cardio B: (1) 4 weeks, 30s sprint: 90s recovery x10, (2) 4 weeks, 30s sprint: 60s recovery x13, (3) 4 weeks, 30s sprint: 30s recovery x8 + 4min PRE recovery @ 5 + 8 more sprints,

Options: Run-Jog/Walk, Suicides-walk, Shuttle Runs-walk, Shuffles-walk, Hill Sprints-Walk, Fast Jump Rope-Agility Step, High Knee Run Jump Rope or Jumping Jacks, DB Swings-Scissor Jacks

2. Aerobic Interval Training: interval rounds (20-60 minutes / workout; 60 minutes max total / week), continue to high intensity steady state training @ RPE 7 if time allows.

Cardio C: (1) 4 weeks, 2min sprint, 3min active recovery x 3-12, (2) 4 weeks, 3min sprint, 3min active recovery x 3-10, (3) 4 weeks, 4min sprint, 4 min active recovery, x2-7

Options: Running-Jogging, Jogging-Walking, Elliptical, Step Mill, Stairmaster.

3. High Intensity Steady-State Aerobic Training: steady-state @ RPE of 7 out of 10 for up 2 additional hours per week; you can break up the time how you see fit. Continue to Low Intensity Steady-State Aerobic Training if time allows.

Options: Running, jogging, elliptical, step mill, Stairmaster,

4. Low Intensity Steady-State Aerobic Training: unlimited

Options: any, just move

6am

Wk 1	Strength-A, Cardio A	C	Strength B, Cardio B	C	S-A, C-A	C	Off
Wk 2	S-B, C-B	C	S-A, C-A	C	S-B, C-B	C	Off
Wk 3	S-A, C-A	C	S-B, C-B	C	S-A, C-A	C	Off
Wk 4	S-B, C-B	C	S-A, C-A	C	S-B, C-B	C	Off
Wk 5	S-A, C-A	C	S-B, C-B	C	S-A, C-A	C	Off
Wk 6	S-B, C-B	C	S-A, C-A	C	S-B, C-B	C	Off
Wk 7	S-A, C-A	C	S-B, C-B	C	S-A, C-A	C	Off
Wk 8	S-B, C-B	C	S-A, C-A	C	S-B, C-B	C	Off
Wk 9	S-A, C-A	C	S-B, C-B	C	S-A, C-A	C	Off
Wk 10	S-B, C-B	C	S-A, C-A	C	S-B, C-B	C	Off
Wk 11	S-A, C-A	C	S-B, C-B	C	S-A, C-A	C	Off
Wk 12	S-B, C-B	C	S-A, C-A	C	S-B, C-B	C	Off

Wk 13: Unloading/Recovery Week: 6x 60 min walk every day preferably outside

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6:30pm

Wk 1	Strength-A, Cardio A	Strength B, Cardio B	C	S-A, C-A	C	C	Off
Wk 2	S-B, C-B	S-A, C-A	C	S-B, C-B	C	C	Off
Wk 3	S-A, C-A	S-B, C-B	C	S-A, C-A	C	C	Off
Wk 4	S-B, C-B	S-A, C-A	C	S-B, C-B	C	C	Off

Wk 5	S-A, C-A	S-B, C-B	C	S-A, C-A	C	C	Off
Wk 6	S-B, C-B	S-A, C-A	C	S-B, C-B	C	C	Off
Wk 7	S-A, C-A	S-B, C-B	C	S-A, C-A	C	C	Off
Wk 8	S-B, C-B	S-A, C-A	C	S-B, C-B	C	C	Off

Wk 9	S-A, C-A	S-B, C-B	C	S-A, C-A	C	C	Off
Wk 10	S-B, C-B	S-A, C-A	C	S-B, C-B	C	C	Off
Wk 11	S-A, C-A	S-B, C-B	C	S-A, C-A	C	C	Off
Wk 12	S-B, C-B	S-A, C-A	C	S-B, C-B	C	C	Off

Wk 13: Unloading/Recovery Week: 6x 60 min walk every day preferably outside

Weekly Minutes of Exercise Log

Men wk 1 = 120, wk 2 = 150, wk 3 = 175, continue at 150min* / wk until goal weight achieved, then reduce minutes by 30%.

Women: wk 1 = 190, wk 2 = 220, wk3 = 250; continue at 250min* / wk until goal weight achieved, then reduce minutes by 30%

*In some occasions, additional minutes are required if weight is in a holding pattern.

Week of		M	Tu	W	Th	F	Sa	Su	Total	
Intro	Wk1	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	Wk2	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	Wk3	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	Wk4	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
Unload	Wk5	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	Wk6	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	Wk7	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	Wk8	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
Unload	Wk9	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	W10	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	W11	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
	W12	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()
Unload	W13	_____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	= _____	G ()

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The colorful warm up below is optional. You may choose to do this as your warm up or in addition to the exercise specific 5 min warm. Either way it counts towards your weekly total. It is a good warm up for impact & pounding days like run, skip, shuffle or jump days. It is unnecessary for elliptical, rowing machine, bike or other non-impact or pounding exercises, but can still be done.

A Optional Warm Up		
<input type="checkbox"/>	Lax Ball: arch, calves & Peronneals; Foam Roll: Hips, TFL, Quad, IT-Band, Adductors x20sec, 10sec switch	As needed
<input type="checkbox"/>	Incline Ankle Mobes or Dynamic Calf Push x15sec, 5sec switch	As Needed (3min)
<input type="checkbox"/>	Hip Swings: Linear & Lateral x15:5	
<input type="checkbox"/>	Trunk Rotations: Stand/Bent-Over x15:5	
<input type="checkbox"/>	Arm Swings x15:5	5min
<input type="checkbox"/>	Lunge to Instep with Hip & Toe Raise x50:10	
<input type="checkbox"/>	Lateral Lunge x50:10	
<input type="checkbox"/>	Drop Lunge x50:10	
<input type="checkbox"/>	Inchworm x50:10	
<input type="checkbox"/>	Inverted Hamstring x50:10	

Active Stretching-5-10min

Hold each stretch for 15 seconds at a point of moderate discomfort. Complete all stretches 1 time in a continuous manner. You can choose to do Stretch Circuit A, Stretch Circuit B or both.

Stretch A

1. Superband 1-Leg Hamstring Pull
2. SB 1-Leg Adductor Pull
3. SB 1-Leg Hip Crossover Pull
4. SB Side-Lying Quad Pull; repeat on opp leg
5. ½ Kneeling Triceps Pull; repeat on opp side
6. Partner Chest Push; repeat on opp side
7. Partner 1-Arm Lat Pull; repeat on opp side
8. Behind Back Overhead Shoulder Reach

Stretch B

1. Forward Bend, x15sec, with 5sec switch
2. Deep Squat, x15sec, with 5sec switch
3. Deep Squat ® Arm to Sky / (L) Arm to Sky, x15sec, with 5sec switch
4. Stride Back ® Leg, x15sec, with 5sec switch
5. D-Day Flag Raise, x15sec, with 5sec switch
6. ½ Kneeling Triceps Pull, x15sec, with 5sec switch
7. Stride Back (L) Leg, x15sec, with 5sec switch
8. D-Day Flag Raise, x15sec, with 5sec switch
9. ½ Kneeling Triceps Pull, x15sec, with 5sec switch
10. Childs Pose Center, Left & Right, x15sec, with 5sec switch
11. Seated Shoulder Sit & Reach, x15sec, with 5sec switch
12. Supine on Foam Roller w/ Dumbbell Chest Stretch, x15sec, with 5sec switch