

High Intensity Interval Training

If your aim is to remove the stored fat in your body or lose weight healthily those kilograms have earned on holidays, from WTE we propose to use a great resource to burn fat: HIIT.

What is HIIT?

HIIT is a training at high intensity intervals (High Intensity Interval Training) that proposes to combine short periods of training at high intensity (90% of maximum heart rate) with short recovery periods where the heart rate reduced to 60%.

That is, the HIIT is interval training that seeks to require to the body the maximum effort for a short period of time, giving then a short break with a work of moderate intensity.

This type of training allows the body to accumulate in the muscle substances that inhibit the use of glucose as an energy source, and that is where the body begins to use fat for energy and face the effort.



The benefits of HIIT

In addition to being an effective remedy to use the fat stored in the body as an energy source and thus provide us with your removal from the body, the HIIT is a great ally of those seeking to improve resistance, as it optimizes energy metabolism.

Not only that, but after interval training high intensity, the body continues to burn more calories for a while, given the increased metabolism that produces this kind of work.

Furthermore, by demanding an intense effort the body, and include periods of high intensity are tolerated for a few seconds, we can perform a complete workout in just a few minutes.

HIIT: Not recommended for everyone

However, HIIT has great advantages as mentioned above, but it is not a form of proper training for everyone, because it is very demanding on the body.

So, for those who are overweight or obesity, for those just starting out in the gym or for those who have a heart abnormality or cardiovascular diseases, it is advisable other work that does not demand a maximum effort to our body as if it does HIIT.

Before you get started in this type of training, we always recommend seeing a professional of physical activity, which adequately prescribe this type of training. And run a good warm up, gradually raise the heart rate up and put on muscles and joints.

Remember that HIIT is a great and effective remedy to burn fat, which offers other benefits and that you can adapt it to your needs, but that is not adequate training for all people and those who practice require, on the one hand, supervision by a professional physical activity and also an adequate effort prior to the effort.

Recommendations for HIIT

In upcoming posts, we will show videos about some examples of HIIT training also some recommendations for planning and conducting this type of training.

References

1. BENITO PEINADO, P.J. (2013). High Intensity Interval Training (HIIT) y su aplicación a la pérdida de peso. Gym Factory Magazine. Entrenadores, nº53.
2. GURD, B. J., PERRY, C. G., HEIGENHAUSER, G. J., SPRIET, L. L., & BONEN, A. (2010). High-intensity interval training increases SIRT1 activity in human skeletal muscle. Applied Physiology, Nutrition, and Metabolism, 35(3), 350-357.