HIIT: Stop the Madness!
Session 800

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High-intensity interval training in its various iterations has become increasingly popular these past several years. While the method yields quick results, it also comes with a significant risk of injury. This session will educate attendees on the science and concepts behind this modality, and demonstrate how to coach participants safely through these fast-paced workouts. Attendees will also develop the skills to effectively lead groups with varying limitations and skill levels so that each person feels challenged appropriately.

Defining HIIT

ACSM’s #1 fitness trend for 2014

“HIIT, which involves short bursts of activity followed by a short period of rest or recovery, jumps to the top of this year’s list. These exercise programs are usually performed in less than 30 minutes.”

* What it is
  - shorter, harder, faster?
  - specific work-to-rest ratios?
  - explosive movements?

* What it isn’t
  - long-duration
  - slow-paced
* History
  - tabata
  - CrossFit
  - P90X
  - Insanity

**HIIT--What Does the Science Say?**

* The benefits
  - fat loss
  - muscle growth
  - appetite
  - EPOC
  - quick/time friendly
  - brainpower
  - quality of life

* The risks
  - Gym fails
  - Injury
  - Overuse
  - Rhabdomyolysis

* Preferred populations?

* How much is too much?
  - ACE recommendations

**Practical Application**

* The HIIT coach/instructor/trainer job description. Who is qualified to lead HIIT?
* Client assessment and qualification/disqualification from participation. Are they necessary?

* Appropriate class/session sizes

* Client expectations
  - self-awareness
  - personal responsibility
  - what “sensations” to look for

* Power to the people, understanding human psychology and self-determination theory

* Program design
  - multi-level--options, options, options
  - focus
  - periodized and progressive?
  - Bird Rock Fit sample schedule

* Coaching vs. training, show vs. tell
  - do it, then cue it
  - remind, remind, remind
  - praise the positive
  - autonomy
  - thinking on-the-fly or completely pre-determined?

* Attention to detail
  - what to look for during HIIT workouts
  - making sure everyone is as safe as possible every single time

* HIIT and partner training--ever a good idea?
* From warm-up to cool-down
  - warm-up--mind, body, expectations
  - circuit?
  - timed sets?
  - predetermined reps?
  - routine or no routine?
  - cool down--refresh, recharge, recover

* Post-workout discussion
  - how to make the most of the workout
  - rest, nutrition, SMR

Research

  [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2991639/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2991639/)


  [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2885974/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2885974/)


**Further Reading**


* Survey Predicts Top 20 Fitness Trends for 2014

* “Rest-Based Training,” March 2011 *IDEA Fitness Journal.*

* Canadian forces warn about the dangers of HIIT: “Extreme Conditioning Programs and Exertional Rhabdomyolysis”

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