**Senior Secondary Physical Education Elective**

**Part 5 Physiological Basis for Exercise and Sport Training**

**Worksheet 1**

High intensity interval training (HIIT) is an efficient training strategy. It consists of high intensity exercises and low intensity recovery periods. In comparison with traditional training methods like continuous training, HIIT can lead to better improvements in aerobic and anaerobic fitness with less time.

Question 1:

Design a training programme by applying a high intensity interval training.

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References:

<https://www.acsm.org/docs/brochures/high-intensity-interval-training.pdf>

<http://www.ideafit.com/fitness-library/hiit-vs-continuous-endurance-training-battle-of-the-aerobic-titans>

<http://www.precisionnutrition.com/all-about-hiit>