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Interval training alternates periods of moderate-to high-intensity effort (such as sprinting) with periods of low- to moderate-intensity effort (like walking or jogging).

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## **Interval training workouts | men's health**

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This Interval Training Infographic Helps You Pick the Right Workout

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## **Personal trainer**

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## **Interval training workouts - about.com health**

These cardio workouts feature interval training for high intensity, calorie-burning workouts which alternate between high energy intervals and recovery intervals.

## **Healthhabits.ca**

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## **Beginner's guide- high intensity interval training**

If you've read the blog (and, even if you haven't), chances are you've heard of High Intensity Interval Training or HIIT. HIIT workouts seem to be taking

## **High-intensity interval training - wikipedia, the**

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is an enhanced form of interval

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