

HIIT AND RUN - 1

Main Instruxions

How to Perform Today's HIIT AND RUN Workout - It's time to ramp up the conditioning and unveil the first of four "special tactix" burst training workouts...HIIT and Run! As implied, you will be alternating periods of straight jogging at moderate intensity with 3 one minute stints of 30 on / 30 off sprinting. If able, take it outdoors for a more challenging real world carryover. Weather keeping you indoors? Then start pounding that treadmill.