

HIIT AND RUN - 2

Main Instruxions

How to Perform Today's HIIT AND RUN Workout - It's time to ramp up the conditioning once again and take another crack at...HIIT and Run! Once again, you will be alternating periods of straight jogging at moderate intensity with now 5 one minute stints of 30 on / 30 off sprinting. As always, if able, take it outdoors for a more challenging real world carryover. Don't have that option? Then start pounding that treadmill.