

# HIIT and Run

## Workout Outline



This High Intensity Interval Workout consists of three consecutive one-minute exercises. Do the first set twice. Do the next two sets three times. The exercises can be almost anything—mountain climbers, pushups, burpees, etc. Find a combination that works your whole body: Arms, legs, chest, back, and core. *Runners World* has a [guide and exercises](#) for this exact workout. [Search Google for more HIIT exercises.](#)

Go as hard as you can in the exercise segments. (Feel free to disregard the music's tempo.) If you are new to HIIT, back off a bit until your body becomes accustomed to this level of aerobic training. Stretch before & after your workout, and hit Pause whenever you need to.

In the spaces provided, write down the exercises you will perform. A warning tone will tell you when it's time to begin the next exercise, and I'll tell you which set and round number you're about to start.

SET	EXERCISE	DURATION	# ROUNDS
WARMUP		3 minutes	
<b>1</b>	1.	1 minute	<b>2</b>
	2.	1 minute	
	3.	1 minute	
REST		1 minute	
<b>2</b>	1.	1 minute	<b>3</b>
	2.	1 minute	
	3.	1 minute	
REST		1 minute	
<b>3</b>	1.	1 minute	<b>3</b>
	2.	1 minute	
	3.	1 minute	
COOLDOWN		3 minutes	