

Sprint-8 Intervals: **Turn On Your Afterburners!**

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Background: This is an “interval” workout which means you will be taking your heart rate from a quality steady-state heart rate to a much higher “interval” heart rate. The actual sprint interval is only 30 seconds in this workout. Interval workouts increase your metabolism which then helps with fat weight reduction along with increasing your fitness.

Directions: For “optimal” results, follow these simple guidelines.

- **Warm-Up:** Get moving enough to be ready for a sprint in 2:00!
- **Sprints:** Go as hard as you can without hurting yourself-**MAX EFFORT!**
- **Rests:** Maintain at least 65-70% of Heart Rate Range which will feel at least “somewhat hard” to “hard.”
- **Cool Down:** Pick a pace that allows you to decrease your heart rate closer to normal. Rest and hydrate after the cool down as needed.
- **Modifications:** You can always go easier and not do the all-out sprint; however, you will not get the metabolic benefits at lower intensities. If you need to start at a lower intensity, this is fine—just make sure you eventually get fit enough to do the *Sprint-8* like it was designed to be done—**HARD!**

High-Performance Health in “Only” 20 Minutes!

TIME	INTERVALS
0:00-2:00	Warm-Up
2:00-2:30	Sprint #1
2:30-4:00	Rest
4:00-4:30	Sprint #2
4:30-6:00	Rest
6:00-6:30	Sprint #3
6:30-8:00	Rest
8:00-8:30	Sprint #4 ☺
8:30-10:00	Rest
10:00-10:30	Sprint #5
10:30-12:00	Rest
12:00-12:30	Sprint #6
12:30-14:00	Rest
14:00-14:30	Sprint #7
14:30-16:00	Rest
16:00-16:30	Sprint #8
16:30-18:00	Rest
18:00-20:00	Cool Down

* **Ron Jones (8.19.09)** Reference: *Ready, Set, GO! Synergy Fitness* by Phil Campbell