

# Tabata Protocol Intervals

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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 work interval is only 20 seconds in this design. Interval workouts increase your metabolism which then helps with fat weight reduction along with increasing your fitness.

*Tabata* was a Japanese exercise physiologist that researched Olympic speed skating workouts to determine the optimal interval protocol for increasing *both* aerobic and anaerobic capacities in the most time-efficient manner.

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

- **Warm-Up:** Get moving enough to be ready for HARD intervals!
- **Interval:** Go as hard as you can without hurting yourself-**MAX EFFORT!**
- **Rests:** Just take a few steps in place. You won’t have time to go anywhere!
- **Cool Down:** Pick a pace that allows you to decrease your heart rate closer to normal. Rest and hydrate after the cool down if 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 *Tabata Intervals* like they were designed—**HARD!**

## High-Performance Health in “Only” 4 Minutes!

<b>TIME</b>	<b>INTERVALS</b>
<b>0:00-0:20</b>	<b>1</b>
0:20-0:30	Rest
<b>0:30-0:50</b>	<b>2</b>
0:50-1:00	Rest
<b>1:00-1:20</b>	<b>3</b>
1:20-1:30	Rest
<b>1:30-1:50</b>	<b>4</b>
1:50-2:00	Rest
<b>2:00-2:20</b>	<b>5</b>
2:20-2:30	Rest
<b>2:30-2:50</b>	<b>6</b>
2:50-3:00	Rest
<b>3:00-3:20</b>	<b>7</b>
3:20-3:30	Rest
<b>3:30-3:50</b>	<b>8</b>
3:50-4:00	DONE! 😊

(30 Seconds=1 Set • 8 Sets=1 Round • 1 Round=4 Minutes • 4 Minutes=REDLINE!)

\* Ron Jones (5.14.08)