



THE SCIENCE OF INTERVAL TRAINING

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OVERVIEW

While H.I.I.T. remains popular, the reality is that many don't fully understand its real purpose and assume that it is intended to burn calories and boost EPOC (afterburn). More importantly, the fitness industry's take on H.I.I.T. does not align with true research. This session intends to navigate the science of interval training and proposes better alternatives that give your programming a sense of purpose and results.

OBJECTIVES

- Describe the differences between true H.I.I.T. and the fitness industry's perspective of H.I.I.T. (aka H.V.I.T.)
- Discuss the benefits and limitations of H.I.I.T. and H.V.I.T.
- Explain how to program using more appropriate interval-training modalities

SUMMARY

Attendees will understand key outcomes of H.I.I.T. from research in comparison to the fitness industry's version of H.I.I.T., then learn how to program effectively using alternative interval training modalities.

**Please remember to submit a session evaluation.
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