



FROM H.I.I.T. TO L.I.I.T.

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OVERVIEW

You've heard of H.I.I.T., H.V.I.T. and V.I.I.T., but what about L.I.I.T.? Low intensity interval training programs offer many of the same benefits of H.I.I.T. without the intensity. They include longer recovery intervals and lower intensity work-to-rest ratios. Ideal for populations that are looking for variety in H.I.I.T. training and want to incorporate recovery programming.

OBJECTIVES

- Explore the different interval programs offered today.
- Define H.I.I.T., H.V.I.T., V.I.I.T., and L.I.I.T.
- Examine programs that utilize these strategies.
- Consider programming for populations that would benefit from L.I.I.T.

SUMMARY

We will explore program design that allows coaches and trainers to insert these styles of training as necessary for the population being served.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**