

**PHASE 2) 20 minute Interval Training by Graham Healy**



INT = INTENSITY ( 1 to 10 ) (Relative to your own level of conditioning)  
 INTERVAL TRAINING = (SPRINT> JOG >SPRINT ) TYPE TRAINING .

Exercise	DATE		INT		INT		INT		INT		INT		INT		INT
S=Stepper C= Cycle	Minutes 1														
Sk= Skipping	2														
PB= Powerbox	3														
K= Kickercise	4														
R= Run/Jog	5														
W= Walk(brisk)	6														
SW= Swim	7														
	8														
	9														
	10														
	11														
	12														
	13														
	14														
	15														
	16														
	17														
	18														
	19														
	20														

**TIP ...Relative Intensity is your 'perceived Exertion' = Lactic acid Tolerance in your blood stream , as your Fitness improves you can 'tolerate' higher and higher intensities. The other advantage of this style of training is that the recovery is very RAPID ie in 6 to 8 hours .**  
**Also , the EFFECT of this type of training is a DRAMATIC POST EXERCISE EFFECT on the body's metabolism i.e. heart rate and metabolic functions are dramatically INCREASED for hours later = INCREASE IN BURNING BODY FAT**  
**POST EXERCISE period where you actually burn the most body fat anyhow . It is an Illusion to believe that the FAT burning effect is DURING exercise IN FACT it is AFTER EXERCISE that is the CRITICAL MOMENT along with high Protein Low G.I (glycaemic Index Carbohydrates) is the KEY. This Type of training MAXMISES RESULTS and MINIMISES TIME**  
**Graham Healy .**