

Tabata training

The basis of 'Tabata' Training is 4 minutes of intense interval training/circuit training. Using sprints as an example here, your aim is to:

Sprint as hard as you can for **20 seconds**

Walk for **10 seconds**

Repeat 7 more times for a total of **8 sets**.

So what you have is a total of **4 minutes of workout time**.

Tabata Training can be done with a number of different exercises. The idea is to use an exercise that gets the whole body involved or at least the major muscle groups. Tabata Training can be done with equipment such as: Barbells, Dumbbells, Kettle bells; or just Bodyweight exercises. Here is a little background on the system and how Tabatas work.

Where was it developed?

Tabata Training was developed by Izumi Tabata at the National Institute of Fitness and Sports in Tokyo, Japan. They did a study on comparing the effects of moderate intensity endurance (aerobics) and high endurance intermittent training (Tabata training intervals) on VO2 max and anaerobic capacity.

To summarise the results of the study: the moderate intensity group training program produced a significant increase in VO2 max of about 10%, but had no effect on anaerobic capacity. The high intensity group improved their VO2 max by about 14% while anaerobic capacity improved by 28%. The study was done over a six week period, both groups working out 5 days per week.

Tabata Training and its effect on fat loss

A study was then done at Physical Activities Sciences Laboratory, Laval University, Quebec, Canada, and challenged the common belief among health professionals that low-intensity, long-duration exercise is the best program for fat loss. They compared the impact of moderate-intensity aerobic exercise and high-intensity aerobics on fat loss.

The bottom line was that the low intensity group burned more calories during their workouts almost twice as many.

But the high intensity group got 9 times more fat loss benefit for every calorie burned while exercising.

How did this happen? Compared to moderate-intensity endurance exercise, high-intensity intermittent exercise causes more calories and fat to be burned following the workout. They also said it may be that appetite is suppressed more following intense intervals.

The high intensity training raises the metabolic rate causing you to burn more calories after your training is long over with.

Home Tabata Workout

Another great perk to this type of training is that you don't need masses of space or any specialist equipment to perform it. Just a stopwatch or watch with a second hand and your ready to go. The workout below should take exactly 20 minutes. Try to stick to the times as strictly as possible. If you need a breather of course have one but if you can reduce the intensity rather than stopping completely that is ideal. REMEMBER though, the 20 seconds of work is 100% maximum effort! Good luck!

Time: 20 mins

Exercises

1. Squats
2. Press ups
3. Ab cycle
4. Tricep chair dips
5. Flutters

Remember every exercise follows the same pattern of 20 seconds work, 10 seconds rest for 8 full cycles. Don't forget the warm up and don't forget the cool down and stretch.

If you have any questions regarding this, or any other programme produced by Coach Roach Personal training please contact me on the details at the footer of this page or through the 'contact me' section of my web site (www.coachroach.co.uk).

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