

EPOC & HIIT Workouts

(Excess Post-Exercise Oxygen Consumption & High Intensity Interval Training)

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I've been doing high-intensity workouts for years--many of those have been "interval-type" workouts. The shorter duration and higher intensity intervals work much better to stimulate metabolism, fitness, and promote more rapid fat loss. The idea is that very hard work requires more energy for recovery. Energy=Calories. Therefore, with these high-intensity workouts, you burn more calories "after" the workout is done than other traditional workout designs--this is called the "**After-Burn**" Effect.

E.P.O.C. (Excess Post-Exercise Oxygen Consumption) workouts all have this after-burn effect, but not all EPOC workouts are intervals, most of them are intervals, but not all. According to research summaries, there are seven primary EPOC workout designs. One is LSD (Long Slow Distance) and two are strength workouts (heavy lifting and circuit training). The remaining four are high-intensity intervals—referred to as **H.I.I.T.** (High Intensity Interval Training).

For cardio, I use two interval designs, the **Sprint-8** and **Tabata Protocol**, both are **HIIT** workouts. These are not actually in the research summaries; however, when you look at the design compared to the research, you can see they are very close. In the real world, they work very well. They work metabolically, and they also work psychologically because they are much easier to follow than the other EPOC intervals that require Heart Rate Monitors and complex calculations. The Sprint-8 and Tabatas are simple—just **GO HARD!** Both are VERY high intensity with short timed rest periods. The Sprint-8 uses the 30/1:30 cycle of sprint-to-rest ratio while the *Tabata* uses the tighter 20/10 second max effort-to-rest ratio. *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.

For strength, I use my "High-Performance" Circuits of 30 second stations with only enough rest to go to the next station. I can push the rest period because I use so much variety in the circuit designs—also similar to the Superset technique. I stagger upper body with lower body, arm strength with leg strength, or strength with some cardio stations. While my HP Circuits are considered a "strength" workout, they also provide a significant cardio kick with the short rest periods.

Precautions & Safety! Intensity is great, but the harder you go, the more you raise the risk for injury if you are not prepared. I've been able to perform Sprint-8s with clients that have a moderate fitness base with some modifications. However, I would not suggest multiple *Tabata* intervals for anyone that cannot kick serious butt. **More is not better with high-intensity if you don't have control!** People do more than I recommend--from what I have seen, most is sloppy and reckless, and so what's the point? Quality first! *Tabatas* were designed for Olympic level training and have taken Olympic athletes to the floor in collapse. They are SERIOUS, so don't take them lightly. If you have what it takes, *Tabatas* and other HIIT and EPOC workouts will launch you to a new level of fitness and vigor. **Fitness is Power...See y'all on the other side @ The Crossroads!**

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