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High Intensity Training

By Gareth Thomas

High Intensity Training involves low volume that is low sets and reps with very high resistance. This form of training is suited to natural drug free athletes and hard gainers. High Intensity Training does not sacrifice muscle for the sake of burning fat as high volume weights and traditional cardio can.

High Intensity Training takes many shapes and forms. There is High Intensity Interval Training which is a very effective fat burning technique. Power conditioning for power lifters often involves very low reps at extreme intensity resulting in strength gains. There is Nautilus machine training invented by Arthur Jones and there is even an exercise machine priced at \$14,000 designed specifically for HIIT. Great bodybuilders like Clarence Bass, Casey Viator, Mike Mentzer and Dorian Yates all have followed High Intensity regimes.

High Intensity Training can be implemented for both strength/mass and fat loss/cardio goals simultaneously. Studies have shown High Intensity Interval Training to be far more effective than traditional cardio at burning fat while increasing muscle mass at the same time. This is because the metabolism is stimulated to burn fat at rest.

Studies have shown that the maximum anabolic hormone response peaks at around 45 minutes of exercise and decreases after 90 or so minutes. Training beyond this for natural athletes can be catabolic. Athletes using drugs such as steroids and other types have a greater resistance to catabolic physiology. Their hormones are also being regulated and elevated unnaturally by the drugs. So these people can endure and benefit from volume training that would be catabolic for them under normal circumstances. A high volume cycle may be advantageous to these athletes after the steroid cycle.



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This brings us to another possibility – that of cycling high intensity and high volume training regimens.

High Intensity Training hits the fast twitch fibers primarily. It is anaerobic in that glycogen not oxygen is not the primary energy source, despite this it is still an effective means of developing cardiovascular fitness and more effective than high endurance aerobics at burning fat. It also primarily stimulates the fast twitch muscle fibers.

Volume training primarily stimulates the slower twitch muscle fibers and develops muscular endurance. For aerobics training it promotes vascularity, endurance and fat loss. Using both forms of training should theoretically stimulate greater muscle adaptation (endurance / strength) and hypertrophy than using one single regimen alone. This book however shall focus on high intensity training.

Recovery is one of the key factors in high intensity training. As intensity in your workouts increases over time so your requirement for rest and recuperation will increase also. For this reason a high intensity training cycle is recommended.

cycle	Level	Frequency	Workouts per week	Weeks on Cycle
one	Beginner	Every second Day	3	1
two	Intermediate	Every Third Day	2	1
three	Advanced	Every Fourth Day	2	2



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Proper recuperation is required to maximize the gains from the conditioning program.

The following are factors that can assist in recuperation:

1. High level of nutrition and supplementation throughout the day.
2. Minimum of 8-9 hours sleep each day.
3. Minimization of stress.
4. General health of internal organs.
5. Optimal hormone stimulation.
6. Adequate time interval between training sessions.

During the training cycles your strength and power should be increasing hence the requirement for longer rest periods.

Cycle One

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week1	Workout1	Rest	Workout2	Rest	Workout3	Rest	Rest
Week2	Workout1	Rest	Workout2	Rest	Workout3	Rest	Rest

Cycle Two

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week1	Workout1	Rest	Rest	Workout2	Rest	Rest	Workout3
Week2	Workout1	Rest	Rest	Workout2	Rest	Rest	Workout3

Cycle Three

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week1	Workout1	Rest	Rest	Rest	Workout2	Rest	Rest
Week2	Rest	Workout3	Rest	Rest	Rest	Workout1	Rest
Week2	Rest	Rest	Workout2	Rest	Rest	Rest	Workout3



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The above is a seven week cycle for explosive growth. The emphasis is on low reps, low sets and high intensity training with very heavy weights. In between the seven week cycles you can take a week or two off for rest if required. Alternatively you can begin the next cycle immediately if your strength is increasing adequately.

You can also follow a sports training program or a volume and endurance cycle and use the above program for a power booster as required. Those of us in pursuit of strength and muscle growth can continue to cycle the above program until we have obtained the maximum possible benefit.

This short report was brought to you by Gareth Thomas

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