



ADAM JESS
PERFORMANCE

Hi Intensity Interval Training

12 Week Program, 3 Blocks, Bodyweight

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Introduction

What is HIT & HIIT Training?

Hi intensity training is training at a high enough intensity that your body has a rapid increase in heart & lung activity in a short period of time which will activate fast twitch muscle fibres increasing your lactic acid threshold. Hi intensity interval training is intermittent training with two or more exercises combined for a specific time period with a short rest period after exercise two with the main focus on speed development & explosiveness.

Block one is focused on oxygen uptake and efficiency of basic movements so repetitions are used. Block two, repetitions are replaced with time to increase the intensity. Block three is focused on pairing two exercises back to back with a short rest period before moving onto the next set of exercises.

Session four of block one & two includes a deload week so the body can fully recover for increased speed and intensity in the next program.

Block 1: Low intensity training

Block 2: Hi intensity training

Block 3: Hi intensity interval training

12 Sessions

4 Session Per Block

Each Block With A Deload or Taper Week



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Block 1: Low Intensity

Block 1: Low Intensity

Session 1

| Number | Exercise 1 | Time On | Exercise 2 | Reps | Rest | Sets |
|--------|------------|---------|---------------------------|------|------|------|
| 1 | Tempo Run | 15s | Contralateral Limb Raises | 6 | 40s | 2 |
| 2 | Tempo Run | 15s | Plank on knees | 20s | 40s | 2 |
| 3 | Tempo Run | 15s | Zombie Squat | 6 | 40s | 2 |
| 4 | Tempo Run | 15s | One Legged Leg Raises | 6 | 2-3m | 2 |

Session 2

| Number | Exercise 1 | Time On | Exercise 2 | Reps | Rest | Sets |
|--------|------------|---------|------------------------------|------|------|------|
| 1 | Tempo Run | 15s | Deadbug | 8 | 40s | 2 |
| 2 | Tempo Run | 15s | Hands Across The Chest Squat | 8 | 40s | 2 |
| 3 | Tempo Run | 15s | Regular Plank | 8 | 40s | 2 |
| 4 | Tempo Run | 15s | Push ups on knees | 8 | 2-3m | 2 |

Block 1: Low Intensity

Session 3

| Number | Exercise 1 | Time On | Exercise 2 | Reps | Rest | Sets |
|--------|------------|---------|--------------------------|------|------|------|
| 1 | Tempo Run | 15s | Jump Forward & Jog Back | 10 | 40s | 2 |
| 2 | Tempo Run | 15s | Hands Beside Head Squat | 10 | 40s | 2 |
| 3 | Tempo Run | 15s | Medium Height High Knees | 10 | 40s | 2 |
| 4 | Tempo Run | 15s | Glute Bridge | 10 | 2-3m | 2 |

Session 4 (Deload)

| Number | Exercise 1 | Time On | Exercise 2 | Reps | Rest | Sets |
|--------|------------|---------|---------------------------|------|------|------|
| 1 | Tempo Run | 15s | Static Reverse Lunge | 6 | 40s | 2 |
| 2 | Tempo Run | 15s | One Hand Above Head squat | 6 | 40s | 2 |
| 3 | Tempo Run | 15s | Hot Hands | 6 | 40s | 2 |
| 4 | Tempo Run | 15s | Mountain Climbers | 6 | 2-3m | 2 |



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Block 2: Hi Intensity

Block 2: Hi Intensity

Session 1

| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
|--------|-------------------|---------|----------------|---------|------|------|
| 1 | Star Jumps | 15s | Spotty Dogs | 15s | 40s | 2 |
| 2 | High Knees | 15s | Squats | 15s | 40s | 2 |
| 3 | Push up on knees | 15s | Reverse Lunges | 15s | 40s | 2 |
| 4 | Mountain Climbers | 15s | Plank on Knees | 15s | 2-3m | 2 |

Session 2

| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
|--------|---------------------------------|---------|-----------------------------|---------|------|------|
| 1 | Squat Jumps | 15s | Skaters | 15s | 40s | 2 |
| 2 | Single Leg Raises | 15s | Regular Plank | 15s | 40s | 2 |
| 3 | Glute Bridge | 15s | Contralateral Limb Raises | 15s | 40s | 2 |
| 4 | Jog on the spot With Bicep Curl | 15s | Jump Forward, Jog Backwards | 15s | 2-3m | 2 |

Block 2: Hi Intensity

Session 3

| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
|--------|-------------------------|---------|------------------------------------|---------|------|------|
| 1 | 2 Side Steps To a Squat | 15s | 2 Side Steps To a Hamstring Curl | 15s | 40s | 3 |
| 2 | Small Jump With a Pause | 15s | Plank on Knees With One Raised Arm | 15s | 40s | 3 |
| 3 | Walk on The Toes | 15s | Skipping Forward | 15s | 40s | 3 |
| 4 | Stationary Sprint | 15s | Static Sit up hold | 15s | 2-3m | 3 |

Session 4 (Deload)

| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
|--------|---|---------|-----------------------------------|---------|------|------|
| 1 | 2 Side Steps To Single Leg Squat (Heel) | 15s | 2 Side Steps To 2 Hamstring Curls | 15s | 40s | 2 |
| 2 | Small Jumps To a Pause | 15s | Plank With One Raised Leg | 15s | 40s | 2 |
| 3 | Russian Twists | 15s | Glute Bridge Hold | 15s | 40s | 2 |
| 4 | Deadbug | 15s | Leg Raises | 15s | 2-3m | 2 |



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Block 3: Hi Intensity Intervals

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| Session 1 | | | | | | |
|-----------|---------------------------------|---------|--------------------------------|---------|------|------|
| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
| 1 | Static Lunge: Forward + Lateral | 20s | Lateral Side Steps | 20s | 30s | 2 |
| 2 | Lateral Walking plank | 20s | Lying Single Reverse Leg Raise | 20s | 30s | 2 |
| 3 | Drop Squat | 20s | Hot Hands | 20s | 30s | 2 |
| 4 | Lying Scissors | 20s | Static Calf Raises | 20s | 2-3m | 2 |

| Session 2 | | | | | | |
|-----------|---------------------------|---------|---------------------------|---------|------|------|
| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
| 1 | Wall: Single Leg Exchange | 20s | Speed Walk | 20s | 30s | 2 |
| 2 | Wall: Double Leg Exchange | 20s | Jog | 20s | 30s | 2 |
| 3 | Wall: Triple Leg Exchange | 20s | Static Kneeling Arm Swing | 20s | 30s | 2 |
| 4 | Sprints | 20s | Spotty Dogs | 20s | 2-3m | 2 |

Block 3: Hi Intensity Intervals

| Session 3 | | | | | | |
|-----------|-------------------------------|---------|-----------------------------|---------|------|------|
| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
| 1 | Lateral Lunge Left | 15s | Lateral Lunge Right | 15s | 10s | 3 |
| 2 | Skips For Height | 15s | Moving 1 Leg Exchange | 15s | 10s | 3 |
| 3 | Walking Push ups | 15s | Leg Raises + Legs Out To In | 15s | 10s | 3 |
| 4 | Lateral Jump Over Cone & Back | 15s | Leg Raises Over Cone | 15s | 2-3m | 3 |

| Session 4 (Taper) | | | | | | |
|-------------------|---------------------------------|---------|-------------------------------|---------|------|------|
| Number | Exercise 1 | Time On | Exercise 2 | Time On | Rest | Sets |
| 1 | Burpees | 15s | Sprints | 15s | 10s | 2 |
| 2 | Side Step 5-10 meters | 15s | Plyometric Lunges For Speed | 15s | 10s | 2 |
| 3 | Tuck Jumps For Speed | 15s | Goblet Squats | 15s | 10s | 2 |
| 4 | Sprint on The Spot With Punches | 15s | Tuck Jump + Static Broad Jump | 15s | 2-3m | 2 |