

Interval Training for FAT LOSS by Frank Baptiste, C.S.C.S.

What is Cardiovascular (CV) Training?

– The CV system is responsible for *sustaining* and *recovering* from **all** activities. It functions to deliver oxygen to working muscles, and remove cellular waste, mainly CO₂. CV training involves a *periodized training program* that is progressive for continual *adaptation*.

While cardio is an effective weight loss method, *optimal results* require more than aerobic training alone.

The **Key to Fat Loss** is Your **METABOLISM**, and performing workouts that **elevate your metabolism BEYOND your time in the gym**. It is the process of converting *chemical energy*(from food,) to *mechanical energy* for movement and your goal is to make that as efficient as possible.

- Put simply, **your METABOLISM is the # of CALORIES your body uses EACH DAY.**

- **60% Resting Metabolic Rate(RMR)** – Your RMR makes up the majority of your daily caloric expenditure, and improving your metabolism at rest is vital to an effective fat loss program.
- **RMR is determined primarily by your individual lean body mass (LBM,) or body composition.** This is why (%)body fat measurements are the best way to gauge successful fat loss and should be tested every 6-8wks.
- **Remember, a pound of weight loss is NOT a pound of Fat Loss.**

- **10-20% Thermic Effect of Feeding** – These are the calories burned from digestion. Certain foods, such as protein sources, require more energy for the body to break down, and should be included in each meal. **Eating often (every 3-4hrs) ensures an energy balance to keep your metabolism running high.**

- **10-20% Exercise and Daily Activity** – This relatively small remainder includes your workout and is less significant in terms of total calories burned. For this reason, **total calories burned in a session is NOT a good indicator of an effective fat loss workout.** What about the other 23 hours of each day??

- **ANAEROBIC (metabolism w/o oxygen) INTERVAL TRAINING** – CV training characterized by periods of *intense* exercise bouts alternated with short, less intense rest periods. This method allows you to exercise at a **higher average intensity(Heart Rate)** than you could sustain doing steady state aerobics.

**** The payoff – Anaerobic Interval Training can ELEVATE YOUR METABOLISM FOR UP TO 16 HOURS !!!** During *intense* exercise, the *energy demand* EXCEEDS the capacity of the aerobic system alone, resulting in an ‘*oxygen debt*’ that must be repaid. This is known as **Excess Post-Exercise Oxygen Consumption, (EPOC,)** and is fundamental to maximizing Fat Loss.