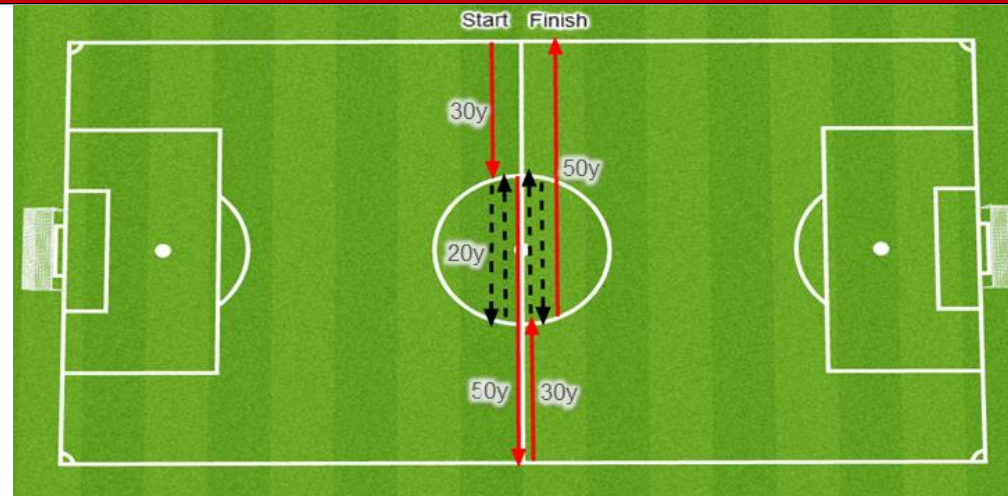


# Pitch Based HI Sessions

## Pitch Based HI 9



### Description

*Warm up 10 minutes Stretches, Dynamics and Pulse Raiser*

*Red = HI run Black = Jog*

*From the start position run to the centre circle, jog across the centre circle and back before running from the edge of the centre circle to the opposite side line. Repeat going back the other way immediately. When you return to the finish this is 1 rep.*

*Complete 8 reps with 20s between reps and then 2 minutes complete rest.*

*5 minutes decreasing intensity cool down*

### Sets x Reps & Rest

*3 sets x 8 Reps & 2 mins rest between Sets*

### Heart Rate Output Aims

*15 mins >85% of max HR*

# Gym Based HI Sessions

## Gym Based HI Session 9



### Description

*BIKE, X-TRAINER or ROWING MACHINE*

*Self Selected Resistance*

Gradually increasing warm up, up to 85% HR Max

**2 min at >85% Max : 30 secs low**

**3 min at >85% Max : 30 secs low**

**4 min at >85% Max : 1 min low & repeat**

5 minute gradually decreasing cool down

### Sets x Reps & Rest

2 Sets with 1 minute Rest Between Sets

### Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)

