

## Fitness Trend: Tabata Interval Training

**What they say:** Tabata workouts are based of a 2:1 work to rest ratio, or, in other words 20 seconds of sprinting, and 10 seconds of resting. These sprints are not the typical sprint that many traditionally conditioned athletes are prepared for. The protocol for these sprints is that they are intended to be 100% effort every time. A person's first sprint will likely be the only one which is very fast, after this it will be a battle to simply keep going. In the protocol, Dr. Tabata suggest starting with about two days of his training per week, and performing somewhere between six and eight intervals. This means that the workout should last somewhere between three and four minutes. Again, this is an incredibly challenging couple of minutes, and it is urged that one slowly works toward completing these workouts.



**What others say:** Tabata training has developed a very strong, dedicated group of followers. These followers claim incredible increases in fat and weight loss and an increase in sports performance in whatever sport they may be training for. While tabata may be an effective way of training, on its own it will not make anyone a better athlete. Like any other healthy lifestyle, balance is a very important factor in becoming well rounded and in training the body to adapt to stressful situations.

**Bottom line:** Tabata workouts are based around the concept of completely depleting our store of blood glycogen, the body's major form of fuel and our store of excess glucose. As we deplete this store, the body is forced to look elsewhere for energy to burn. In situations like this, the body begins to use fat as an energy source. It certainly makes sense why the workouts are effective, however it is very mentally difficult for most people to try to push past their target fat-burning heart rate, making an effective tabata interval training workout difficult to achieve.