



Effect of High Intensity Interval Training on Elite Athletes' Antioxidant Status

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Received date: 09 November, 2021; Accepted date: 22 November, 2021;

Published date: 29 November, 2021

Introduction

High-Intensity Interval Training (HIIT) is a form of interval training, a cardiovascular exercise strategy interspersing short ages of violent anaerobic exercise with lower violent recovery ages, until too exhausted to continue. The system isn't just confined to cardio and constantly includes weights for the short ages as well. Though there's no universal HIIT session duration, these violent exercises generally last fewer than 30 twinkles as it uses the anaerobic energy systems which are generally used for short, sharp bursts. The times vary, grounded on a party's current fitness position. Likewise, traditional HIIT was designed to be no longer than 20 seconds on with no further than 10 seconds out. This would bring in the anaerobic energy system. The intensity of HIIT also depends on the duration of the session. HIIT exercises give bettered athletic capacity and condition as well as bettered glucose metabolism. Compared with longer sessions typical of other rules, HIIT may not be as effective for treating hyperlipidemia and rotundity, or perfecting muscle and bone mass. Still, exploration has shown that HIIT rules produced significant reductions in the fat mass of the whole-body in youthful women. Some experimenters also note that HIIT requires "an extremely high position of subject provocation" and question whether the general population could safely or virtually tolerate the extreme nature of the exercise authority.

HIIT exercise sessions generally correspond of a warm up period followed by reiterations of high-intensity exercises separated by medium intensity exercises for recovery, also a cool-down period. The high-intensity exercise should be done at near outside intensity. The medium exercise should be about 50 intensity. The number of reiterations and length of each depends on the exercise, but perhaps as little as three reiterations with just 20 seconds of violent exercise. The specific exercises performed during the high-intensity portions vary. Utmost of the exploration on HIIT has been done using a cycling ergometer, but other exercises like a rowing ergometer, running, stair climbing and uphill walking can also be effective. There's no specific formula for HIIT. Depending on one's position of cardiovascular development, the moderate position intensity can be as slow as walking. A common formula involves a 21 rate of work to recovery ages, for illustration, 30–40 seconds of hard sprinting alternated with 15–20 seconds of jogging or walking, repeated to failure. The entire HIIT session may last between four and thirty twinkles, meaning that it's considered to be an excellent way to maximize a drill limited by time constraints. Use of a timepiece or timekeeper is recommended to keep accurate times, the number of rounds, and intensity. Dr Niles Vollaard at the University of Sterling proposed that when high-intensity intervals are done at 'allout' intensities, associated health benefits table after performing 2 or 3 sprint reiterations. This led to the development of a 10-nanosecond exercise routine conforming of easy pedaling interspersed with two 20-alternate each-out 'cycling sprints. In a 2017 meta-analysis, Villard indeed showed that common protocols with as numerous as 6 to 10 reiterations of 30-alternate each-out sprints don't ameliorate aerobic fitness further than the protocol. It's claimed that this short protocol may remove numerous of the downsides that make other high-intensity interval training protocols infelicitous for the general population. A 2017 study examined the effect of HIIT on cognitive performance among a group of children.

Citation: Krittaya Nongkhai (2021) Effect of High Intensity Interval Training on Elite Athletes' Antioxidant Status. J Athl Enhanc 2021, 10:11.