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10 or 30-s sprint interval training bouts enhance both aerobic and anaerobic performance.

Hazell TJ, Macpherson RE, Gravelle BM, Lemon PW.

Exercise Nutrition Research Laboratory, Faculty of Health Sciences, School of Kinesiology, 2235 3M Centre, The University of Western Ontario, London, ON, N6A 3K7, Canada, thazell@uwo.ca.

Abstract

We assessed whether 10-s sprint interval training (SIT) bouts with 2 or 4 min recovery periods can improve aerobic and anaerobic performance. Subjects ($n = 48$) were assigned to one of four groups [exercise time (s):recovery time (min)]: (1) 30:4, (2) 10:4, (3) 10:2 or (4) control (no training). Training was cycling 3 week(-1) for 2 weeks (starting with 4 bouts session(-1), increasing 1 bout every 2 sessions, 6 total). Pre- and post-training measures included: VO_{2max} , 5-km time trial (TT), and a 30-s Wingate test. All groups were similar pre-training and the control group did not change over time. The 10-s groups trained at a higher intensity demonstrated by greater ($P < 0.05$) reproducibility of peak (10:4 = 96%; 10:2 = 95% vs. 30:4 = 89%), average (10:4 = 84%; 10:2 = 82% vs. 30:4 = 58%), and minimum power (10:4 = 73%; 10:2 = 69%; vs. 30:4 = 40%) within each session while the 30:4 group performed ~2X ($P < 0.05$) the total work session(-1) (83-124 kJ, 4-6 bouts) versus 10:4 (38-58 kJ); 10:2 (39-59 kJ). Training increased TT performance ($P < 0.05$) in the 30:4 (5.2%), 10:4 (3.5%), and 10:2 (3.0%) groups. VO_{2max} increased in the 30:4 (9.3%) and 10:4 (9.2%), but not the 10:2 group. Wingate peak power $kg(-1)$ increased ($P < 0.05$) in the 30:4 (9.5%), 10:4 (8.5%), and 10:2 (4.2%). Average Wingate power $kg(-1)$ increased ($P < 0.05$) in the 30:4 (12.1%) and 10:4 (6.5%) groups. These data indicate that 10-s (with either 2 or 4 min recovery) and 30-s SIT bouts are effective for increasing anaerobic and aerobic performance.

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