

Internationally inspired interval training

Fartlek: Swedish for “speed play,” fartlek is a more relaxed, fun way of doing intervals. You don’t have to worry about distance, time or heart rate. Instead, you push yourself as long as you can based on how you’re feeling or until you reach a target like a tree, light pole, house or someone ahead of you. Then you recover for as long you need.

Your intervals don’t have to be identical. When you feel ready, pick another target and go. While the intervals are informal, they can still be challenging.

Tabata: Named after the Japanese researcher who created it, Tabata workouts feature 20-second work intervals and 10-second recovery intervals that are done eight times in a four-minute series. Try it with any type of aerobic exercise, like walking, running or cycling. Tabata classes often include multiple rounds of different exercises, such as jumping jacks, knee pulls or mountain climbers, designed to work all the major muscle groups. Instructors combine different variations of the four-minute series to create workouts that last a half-hour to an hour.