RankTime

FREE PRINTABLE · 4 PAGES

WORK · REST · ROUNDS

HIIT Intervals

Work to rest ratios on one page, which one fits your goal, four sessions to try, heart rate tips and an interval log.

2 HIIT on one page

3 Four sessions, heart rate and your log

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/hiit-intervals/
Made by RankTime, the workout timer that counts your reps.

THE THREE NUMBERS

Work, rest, rounds

Total time is work plus rest, times rounds: 40 seconds on and 20 off for 10 rounds is 10 minutes. The ratio between work and rest matters most.

RATIO	WHAT IT DOES
2:1, like 40/20 or 20/10	Rest is half the work. You never fully recover, so your heart rate climbs round to round. Hard, great for conditioning. Tabata is 2:1.
1:1, like 30/30 or 45/45	Hard but sustainable, so your form holds up longer. A good default.
1:2 to 1:3, like 20/40 or 15/45	You recover almost fully, so every effort can be close to all out. Sprints, power, and the friendliest for beginners.
EMOM	Work and rest share a fixed minute: finish faster, rest longer.

Which ratio fits your goal

GOAL	INTERVALS
Just starting	1:2. Try 20 seconds on, 40 off.
Fitness, calories	1:1 to 2:1. 30/30 or 40/20 with bodyweight moves.
Speed and power	1:3 or more. All out sprints of 10 to 15 s, 30 to 60 s of rest.
Endurance	2 to 4 minute efforts, 1 to 3 minutes easy. The 4x4: four minutes hard, three easy, four times.

How much

- 10 to 20 minutes of intervals, after a 5 minute warm up.
- Last rounds much weaker than the first? Too many rounds, or too little rest.
- Two or three HIIT sessions a week.

Common mistakes

- Too little rest for the goal.
- Too many rounds: stop when your form goes.
- Skipping the warm up. Watching the clock.

SESSIONS TO TRY

Four interval sessions

BEGINNER · 20/40 · 10 MIN

10 rounds

Alternate air squats and incline push-ups. Easy round one, then steady and hard.

INTERMEDIATE · 40/20 · 10 MIN

10 rounds

Squats, push-ups, lunges, mountain climbers, burpees, twice through. Same pace in round ten as in one.

SPRINTS · 15/45 · 8 MIN

8 rounds

All out on a bike, a rower or a hill, easy in the rest. Stop if your speed drops off.

ENDURANCE · 4X4 · 28 MIN

4 rounds

Four minutes of running, rowing or cycling, hard enough to speak only a few words, then three easy.

Your heart rate

Most HIIT should reach above about 80% of your maximum within the first few rounds. Short sprints with long rests are the exception. Rough maximum: 208 minus 0.7 times your age (about 180 at 40).

My age _____ My max _____ 80% of it _____

My interval log

DATE	WORK / REST	ROUNDS	EXERCISES	PEAK HR	LAST ROUND VS FIRST

RankTime

TRAIN IT WITH RANKTIME

Run your intervals with RankTime

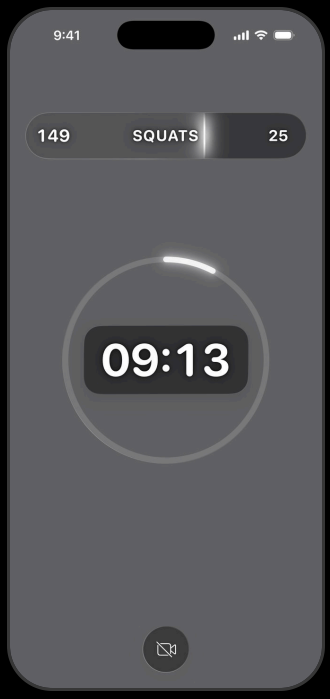
Any work and rest pattern in TIME mode, up to 10 minutes a set, with full screen colour, sound cues and your heart rate live.



HIIT 40/20: 10 rounds, 10:00.



40 seconds of squats, reps counted.



20 seconds of rest.

1. Open TIME mode. The circles set work, rest, exercises and rounds.
2. Tap a circle and drag the number. The ring redraws as you go.
3. Save it as a new workout with its own name.
4. Press play. Lime is work, grey is rest, sound cues every change.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone