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Tabata Intervals: Alternating Split Lunge Jump

Created By:

Jonathon Janz, MS, CSCS, USAW

Introduction

Tabata intervals are an excellent way to train athletes in a simplistic and efficient manner. Through short and very intense bursts of exercise, athletes will significantly improve both aerobic and anaerobic systems at the same time. This will aid performance as well as recovery in both novice and elite athletes.

How To Perform The Intervals

Intense exercise is performed for 20 seconds, followed by 10 seconds of rest. This repeats, without stoppage, for 8 bouts. In order to receive maximum benefit from each interval routine, the athlete must exert a maximum amount of effort. Failure to do so will yield little to no results and wasted time. Try to complete as many repetitions of the required exercise as possible within the allotted 20 seconds.

Recovery After The Workout

Following the workout, be sure to perform some post-workout activity to enhance recovery. This may include some or all of the following:

- Slow walk/bike for 10-15 minutes
- [Laying wall shakes](#)
- [Glute ham hang](#)
- [Foam roller](#) or [stretching](#)
- [Nutrition](#)

Exercise: [Alternating Split Lunge Jump](#)

Bout	Time	Performance
1	20 sec 10 sec	MAX EFFORT REST
2	20 sec 10 sec	MAX EFFORT REST
3	20 sec 10 sec	MAX EFFORT REST
4	20 sec 10 sec	MAX EFFORT REST
5	20 sec 10 sec	MAX EFFORT REST
6	20 sec 10 sec	MAX EFFORT REST
7	20 sec 10 sec	MAX EFFORT REST
8	20 sec 10 sec	MAX EFFORT REST



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Tabata Intervals: Bike Sprint

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- [Nutrition](#)

Exercise: Bike Sprint

Set resistance at **HIGH** level and **SPRINT**
No biking during rest

Bout	Time	Performance
1	20 sec 10 sec	MAX EFFORT REST
2	20 sec 10 sec	MAX EFFORT REST
3	20 sec 10 sec	MAX EFFORT REST
4	20 sec 10 sec	MAX EFFORT REST
5	20 sec 10 sec	MAX EFFORT REST
6	20 sec 10 sec	MAX EFFORT REST
7	20 sec 10 sec	MAX EFFORT REST
8	20 sec 10 sec	MAX EFFORT REST



Tabata Intervals: Body Weight Squats

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- [Glute ham hang](#)
- [Foam roller](#) or [stretching](#)
- [Nutrition](#)

Exercise: [Body Weight Squats](#)

Bout	Time	Performance
1	20 sec 10 sec	MAX EFFORT REST
2	20 sec 10 sec	MAX EFFORT REST
3	20 sec 10 sec	MAX EFFORT REST
4	20 sec 10 sec	MAX EFFORT REST
5	20 sec 10 sec	MAX EFFORT REST
6	20 sec 10 sec	MAX EFFORT REST
7	20 sec 10 sec	MAX EFFORT REST
8	20 sec 10 sec	MAX EFFORT REST



Tabata Interval: Jump Rope

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Recovery After The Workout

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- Slow walk/bike for 10-15 minutes
- [Laying wall shakes](#)
- [Glute ham hang](#)
- [Foam roller](#) or [stretching](#)
- [Nutrition](#)

Exercise: Jump Rope

Bout	Time	Performance
1	20 sec 10 sec	MAX EFFORT REST
2	20 sec 10 sec	MAX EFFORT REST
3	20 sec 10 sec	MAX EFFORT REST
4	20 sec 10 sec	MAX EFFORT REST
5	20 sec 10 sec	MAX EFFORT REST
6	20 sec 10 sec	MAX EFFORT REST
7	20 sec 10 sec	MAX EFFORT REST
8	20 sec 10 sec	MAX EFFORT REST



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Tabata Intervals: On-Field Training

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Recovery After The Workout

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- [Foam roller](#) or [stretching](#)
- [Nutrition](#)

Exercises: Listed Below

Bout	Time	Performance
1	20 Sec 10 Sec	MAX SPEED SPRINT REST
2	20 Sec 10 Sec	CARIOCA FACE LEFT REST
3	20 Sec 10 Sec	MAX SPEED SPRINT REST
4	20 Sec 10 Sec	CARIOCA FACE RIGHT REST
5	20 Sec 10 Sec	MAX SPEED SPRINT REST
6	20 Sec 10 Sec	POWER SKIP REST
7	20 Sec 10 Sec	MAX SPEED SPRINT REST
8	20 Sec 10 Sec	BACKPEDAL REST

Strength Training Clinics



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Tabata Intervals: Power Step Up

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Recovery After The Workout

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- [Laying wall shakes](#)
- [Glute ham hang](#)
- [Foam roller](#) or [stretching](#)
- [Nutrition](#)

Exercise: [Power Step Up](#)

Bout	Time	Performance
1	20 sec 10 sec	MAX EFFORT REST
2	20 sec 10 sec	MAX EFFORT REST
3	20 sec 10 sec	MAX EFFORT REST
4	20 sec 10 sec	MAX EFFORT REST
5	20 sec 10 sec	MAX EFFORT REST
6	20 sec 10 sec	MAX EFFORT REST
7	20 sec 10 sec	MAX EFFORT REST
8	20 sec 10 sec	MAX EFFORT REST



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Tabata Intervals: Squat and Press

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Recovery After The Workout

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Exercise: [Squat and Press](#)

Use a light or empty barbell

Bout	Time	Performance
1	20 sec 10 sec	MAX EFFORT REST
2	20 sec 10 sec	MAX EFFORT REST
3	20 sec 10 sec	MAX EFFORT REST
4	20 sec 10 sec	MAX EFFORT REST
5	20 sec 10 sec	MAX EFFORT REST
6	20 sec 10 sec	MAX EFFORT REST
7	20 sec 10 sec	MAX EFFORT REST
8	20 sec 10 sec	MAX EFFORT REST



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Tabata Intervals: Total Body Training

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Recovery After The Workout

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- Slow walk/bike for 10-15 minutes
- [Laying wall shakes](#)
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- [Foam roller](#) or [stretching](#)
- [Nutrition](#)

Exercises: Listed Below

Bout	Time	Performance
1	20 Sec	PUSH UP
	10 Sec	REST
2	20 Sec	PULL UP
	10 Sec	REST
3	20 Sec	BODY WEIGHT SQUAT
	10 Sec	REST
4	20 Sec	SQUAT JUMP
	10 Sec	REST
5	20 Sec	PUSH UP
	10 Sec	REST
6	20 Sec	PULL UP
	10 Sec	REST
7	20 Sec	BODY WEIGHT SQUAT
	10 Sec	REST
8	20 Sec	SQUAT JUMP
	10 Sec	REST

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Tabata Intervals: Treadmill Sprint

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- [Nutrition](#)

Exercise: Treadmill Sprint

Set speed at **HIGH** level and **SPRINT**
Step off to sides of treadmill during rest

Bout	Time	Performance
1	20 sec 10 sec	MAX EFFORT REST
2	20 sec 10 sec	MAX EFFORT REST
3	20 sec 10 sec	MAX EFFORT REST
4	20 sec 10 sec	MAX EFFORT REST
5	20 sec 10 sec	MAX EFFORT REST
6	20 sec 10 sec	MAX EFFORT REST
7	20 sec 10 sec	MAX EFFORT REST
8	20 sec 10 sec	MAX EFFORT REST

