

References

[1] <https://www.ncbi.nlm.nih.gov/pubmed/9721056>

Cordain L, Gotshall RW, Eaton SB, et al. (1998). Physical Activity, Energy Expenditure and Fitness: An Evolutionary Perspective. *Int J Sports Med.* (19):328-335.

[2] Eaton SB, Shostak M, Konner M: The First Fitness Formula. The Paleolithic Prescription. (1998). *New York, NY: Harper & Row.* 168-199.

[3] Eichna et al. (1950). Thermal Regulation During Acclimatisation to a Hot Dry Environment. *American Journal of Physiology.* (163):585-87.

[4] Carrier D, et al. (1984). The Energetic Paradox of Human Running and Hominid Evolution. *Current Anthropology.* (25):4.

[5] <http://www.bbc.co.uk/news/world-africa-24953910>

BBC News. (2013). Kenyans Chase Down and Catch Goat-Killing Cheetahs.

[6] <https://www.cybertracker.org/downloads/tracking/Liebenberg-2006-Persistence-Hunting-Modern-Hunter-Gatherers.pdf>

Liebenberg L. (2006). Persistence Hunting by Modern Hunter-Gatherers. *Current Anthropology.* 47(6):1017-1025.

[7] Hurtado AM, Hawkes K, Hill K, et al. (1985). Female Subsistence Strategies Among Ache Hunter-Gatherers of Eastern Paraguay. *Human Ecology.* 13(1):1-28.

[8] https://www.youtube.com/watch?v=826HMLoiE_o

Human Mammal, Human Hunter. David Attenborough. (2009). Life of Mammals. *BBC*.

[9] <http://www.ncbi.nlm.nih.gov/pubmed/11070099>

Albert CM. et al. (2000). Triggering of Sudden Death from Cardiac Causes by Vigorous Exertion. *The New England Journal of Medicine*. 343(19):1355-61.

[10] <http://www.ncbi.nlm.nih.gov/pubmed/21360405>

Bartlett JD. et al. (2011). High-Intensity Interval Running is Perceived to be More Enjoyable than Moderate-Intensity Continuous Exercise: Implications for Exercise Adherence. *Journal of Sports Sciences*. 29(6):547-53.

[11] <https://www.ncbi.nlm.nih.gov/pubmed/27368057>

Kong Z, et al. (2016). Comparison of High-Intensity Interval Training and Moderate-to-Vigorous Continuous Training for Cardiometabolic Health and Exercise Enjoyment in Obese Young Women: A Randomised Controlled Trial. *Journal Plos*: 11(7):e0158589.

[12] <https://www.ncbi.nlm.nih.gov/pubmed/17054187>

Shaw K, et al. (2006). Exercise for Overweight or Obesity. *Cochrane Database of Systematic Reviews*. 18(4):CD003817.

[13] <https://www.ncbi.nlm.nih.gov/pubmed/19175510>

Wu T, et al. (2009). Long-Term Effectiveness of Diet-Plus-Exercise Interventions vs Diet-Only Interventions for Weight Loss: A Meta-Analysis. *Obesity Review*. 10(3):313-23.

[14] <https://www.ncbi.nlm.nih.gov/pubmed/18197184>

Trapp EG, et al. (2008). The Effects of High-Intensity Intermittent Exercise Training on Fat Loss and Fasting Insulin Levels of Young Women. *International Journal of Obesity*. 32(4):684-91.

[15] <https://www.ncbi.nlm.nih.gov/pubmed/24668572>

Alkahtani SA, et al. (2014). Interval Training Intensity Affects Energy Intake Compensation in Obese Men. *International Journal of Sports Nutrition and Exercise Metabolism*. 24(6):595-604.

[16] <http://www.ncbi.nlm.nih.gov/pubmed/20473222>

Macpherson RE, et al. (2011). Run Sprint Interval Training Improves Aerobic Performance but not Maximal Cardiac Output. *Medicine and Science in Sports and Exercise*. 43(1):115-22.

[17] <http://www.ncbi.nlm.nih.gov/pubmed/2305702>

Tremblay A, et al. (1990). Effect of Intensity of Physical Activity on Body Fatness and Fat Distribution. *The American Journal of Clinical Nutrition*. 51(2):153-7.

[18] <http://www.ncbi.nlm.nih.gov/pubmed/17001221>

Wisloff U, et al. (2006). A Single Weekly Bout of Exercise May Reduce Cardiovascular Mortality: How Little Pain for Cardiac Gain? The HUNT study, Norway. *European Journal of Cardiovascular Prevention and Rehabilitation*. 13(5):798-804.

[19] <http://www.ncbi.nlm.nih.gov/pubmed/19088769>

Perry CG, et al. (2008). High-Intensity Aerobic Interval Training Increases Fat and Carbohydrate Metabolic Capacities in Human Skeletal Muscle. *Applied Physiology, Nutrition and Metabolism*. 33(6):1112-23.

[20] <http://www.ncbi.nlm.nih.gov/pubmed/17170203>

Talanian JL, et al. (1985). Two Weeks of High-Intensity Aerobic Interval Training Increases the Capacity for Fat Oxidation During Exercise in Women. *Journal of Applied Physiology*. 102(4):1439-47.

[21] <http://www.ncbi.nlm.nih.gov/pubmed/16825308>

Gibala MJ, et al. (2006). Short-Term Sprint Interval Versus Traditional Endurance Training: Similar Initial Adaptations in Human Skeletal Muscle and Exercise Performance. *The Journal of Physiology*. 575(3):901-11.

[22]

<http://dc.etsu.edu/cgi/viewcontent.cgi?article=1173&context=etd>

King JW, et al. (2001). A Comparison of the Effects of Interval Training vs. Continuous Training on Weight Loss and Body Composition in Obese Pre-Menopausal Women. A Thesis Presented to the Faculty of the Department of Physical Education, Exercise, and Sports Sciences East Tennessee State University.

[23] <http://www.ncbi.nlm.nih.gov/pubmed/8028502>

Tremblay A, et al. (1994). Impact of Exercise Intensity on Body Fatness and Skeletal Muscle Metabolism. *Metabolism: Clinical and Experimental*. 43(7):814-8.

[24] http://blog.sme.sk/blog/3928/155928/Warburton_CAD.pdf

Darren ER, et al. (2005). Effectiveness of High-Intensity Interval Training for the Rehabilitation of Patients With Coronary Artery Disease. *American Journal of Cardiology*. 95:1080-1084.

[25] <http://www.ncbi.nlm.nih.gov/pubmed/8897392>

Tabata I, et al. (1996). Effects of Moderate-Intensity Endurance and High-Intensity Intermittent Training on Anaerobic Capacity and VO₂max. *Medicine and Science in Sports and Exercise*. 28(10):1327-30.

[26] <http://www.ncbi.nlm.nih.gov/pubmed/1553453>

Schwarz L, et al. (1992). Changes in Beta-Endorphin Levels in Response to Aerobic and Anaerobic Exercise. *Sports Medicine*. 13(1):25-36.

[27] <http://www.ncbi.nlm.nih.gov/pubmed/17548726>

Wisloff U. (2007). Superior Cardiovascular Effect of Aerobic Interval Training Versus Moderate Continuous Training in Heart Failure Patients: A Randomised Study. *Circulation*. 115(24):3086-94.

[28] <http://www.ncbi.nlm.nih.gov/pubmed/16237625>

McManus AM, et al. (2005). Improving Aerobic Power in Primary School Boys: A Comparison of Continuous and Interval Training. *International Journal of Sports Medicine*. 26(9):781-6.

[29] <http://www.ncbi.nlm.nih.gov/pubmed/16469933>

Burgomaster KA. (2006). Effect of Short-Term Sprint Interval Training on Human Skeletal Muscle Carbohydrate Metabolism During Exercise and Time-Trial Performance. *Journal of Applied Physiology*. 100(6):2041-7.

[30] <http://www.ncbi.nlm.nih.gov/pubmed/10331896>

Stepito NK, et al. (1999). Effects of Different Interval-Training Programs on Cycling Time-Trial Performance. *Medicine and Science in Sports and Exercise*. 31(5):736-41.