



Contents

Part I Understanding High-Intensity Interval Training 1

1 Genesis and Evolution of High-Intensity Interval Training 3
Paul Laursen and Martin Buchheit with contributions from Jean Claude Vollmer

2 Traditional Methods of HIIT Programming 17
Martin Buchheit and Paul Laursen

3 Physiological Targets of HIIT 33
Martin Buchheit and Paul Laursen

4 Manipulating HIIT Variables 51
Martin Buchheit and Paul Laursen

5 Using HIIT Weapons 73
Martin Buchheit and Paul Laursen

6 Incorporating HIIT Into a Concurrent Training Program 119
Jackson Fyfe, Martin Buchheit, and Paul Laursen

| | | |
|----------------|---|------------|
| 7 | HIIT and Its Influence on Stress, Fatigue, and Athlete Health | 137 |
| | <i>Philip Maffetone, Paul Laursen, and Martin Buchheit</i> | |
| 8 | Quantifying Training Load | 161 |
| | <i>Martin Buchheit and Paul Laursen</i> | |
| 9 | Response to Load | 179 |
| | <i>Martin Buchheit, Paul Laursen, Jamie Stanley, Daniel Plews, Hani Al Haddad, Mathieu Lacomme, Ben Simpson, and Anna Saw</i> | |
| 10 | Putting It All Together | 213 |
| | <i>Paul Laursen and Martin Buchheit</i> | |
| Part II | Sport-Specific Application of High-Intensity Interval Training | 225 |
| 11 | Combat Sports | 227 |
| | <i>Duncan French</i> | |
| 12 | Cross-Country Skiing | 247 |
| | <i>Øyvind Sandbakk</i> | |
| 13 | Middle-Distance Running | 261 |
| | <i>Jean Claude Vollmer and Martin Buchheit</i> | |
| 14 | Road Running | 283 |
| | <i>Jamie Stanley and Carlos Alberto Cavalheiro</i> | |

| | | |
|-----------|---|------------|
| 15 | Road Cycling | 297 |
| | <i>Marc Quod</i> | |
| 16 | Rowing | 311 |
| | <i>Daniel Plews</i> | |
| 17 | Swimming | 325 |
| | <i>Tom Vandenbogaerde, Wim Derave, and Philippe Hellard</i> | |
| 18 | Tennis | 347 |
| | <i>Jaime Fernandez-Fernandez</i> | |
| 19 | Triathlon | 363 |
| | <i>Daniel Plews and Paul Laursen</i> | |
| 20 | American Football | 379 |
| | <i>Johann Bilsborough and Moses Cabrera</i> | |
| 21 | Australian Football | 393 |
| | <i>Aaron Coutts, Joel Hocking, and Johann Bilsborough</i> | |
| 22 | Baseball | 411 |
| | <i>Robert Butler and Matt Leonard</i> | |
| 23 | Basketball | 425 |
| | <i>Xavi Schelling and Lorena Torres-Ronda</i> | |
| 24 | Cricket | 443 |
| | <i>Carl Petersen and Aaron Kellett</i> | |

| | | |
|-----------|---|------------|
| 25 | Field Hockey | 455 |
| | <i>Dave Hamilton</i> | |
| 26 | Ice Hockey | 477 |
| | <i>Matt Nichol</i> | |
| 27 | Handball | 495 |
| | <i>Martin Buchheit</i> | |
| 28 | Rugby Union | 511 |
| | <i>Nic Gill and Martyn Beaven</i> | |
| 29 | Rugby Sevens | 525 |
| | <i>Nick Poulos</i> | |
| 30 | Soccer | 547 |
| | <i>Martin Buchheit, Mathieu Lacome, and Ben Simpson</i> | |

| | |
|---|-----|
| References | 565 |
| Index | 647 |
| About the Editors | 661 |
| List of Contributors | 663 |
| Earn Continuing Education Credits/Units | 665 |