

Tabata Training Workshop

What is Tabata Training?

“Tabata” is the name of a particular type of workout program that provides similar health benefits to that of cardio workouts, but Tabata has a bit more spice. Instead of hours upon hours of exercise, Tabata can be completed in 4 minutes. Tabata falls under the category of high intensity training or high intensity interval training.

How did Tabata come about?

Tabata was founded by a Japanese scientist named Izumi Tabata and fellow colleagues at a department of physiology in Japan. Izumi and his fellow scientists decided to conduct a study to compare moderate intensity training with high intensity training.

He conducted the tests on 2 groups of athletes; 1 of the groups used the moderate intensity interval training and the other using high intensity interval training.

In group one; the athletes were training in moderate intensity workouts (70% intensity) for five days a week for a total of six weeks with each training session lasting an hour.

Group two trained in the high intensity workouts for 4 days a week for a total of 6 weeks with each session lasting 4 minutes, at 20 seconds of intense training (170% intensity) and 10 seconds of rest.

What were the results of the tests?

Group 1 had a significant increase in the aerobic system (cardiovascular system). However, the anaerobic system (muscles) gained little or no results at all.

Group 2 showed much improvement in all their athletes. Their aerobic systems increased much more than group ones, and their anaerobic systems increased by 28%.

Conclusion: Not only did high intensity interval training have more of an impact on the aerobic systems; it had an impact on the anaerobic systems as well.

So what does a basic Tabata training design look like?

Any exercise can be incorporated into the Tabata training. However the basic outline of the Tabata training method are as follows:

- 4 minutes long (whole Tabata Session)
- 20 seconds of intense training
- 10 seconds of rest
- Total of 8 sessions or rounds

Tabata Training Circuit #1 (Body Weight Circuit)

- Warm-up on Rower for at least 5 minutes before performing circuit

Circuit

1. Perform squat thrust (burpees)
 2. Perform front lunges, each leg
 3. Perform crunches
 4. Push-ups
 5. Perform Body Weight squats (fast)
 6. Perform Side Lunges
 7. Perform feet elevated push-ups on Blue Ball
 8. Perform bench dips
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- Repeat the entire circuit again starting with #1
 - Cool down for 20 minutes

Tabata Training Circuit #2 (Weighted Circuit)

- Warm-up on Rower for at least 5 minutes before performing circuit

Circuit

1. Squats with overhead press
2. Lunges with arm curls
3. Crunches holding dumbbells or medicine ball
4. Plank with dumbbells
5. Squats holding dumbbells or Body Bar overhead
6. Perform Side Lunges with dumbbells or medicine ball
7. Push-ups with dumbbell or weight plate on back
8. Bench dips with dumbbell or weight plate in lap

- Repeat the entire circuit again starting with #1
- Cool down for 20 minutes

Tabata Training Circuit #3 (Cardio Circuit)

- Warm-up on Rower for at least 10 minutes before performing circuit
- Remember these are fast sprints (all out)
- Cardio circuit can be done on treadmill, bike, elliptical, etc
- After warming up perform 8 sprints (all out) for 20 seconds with 10 seconds of recovery
- After circuit cool down for 20 minutes
- Do once or twice a week with two to three days between Tabata circuits