

# The Effectiveness of “Sprint Snacks” in High-Intensity Functional Training

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## Introduction

- The primary purpose of this project is to determine the effectiveness of separated training bouts, SS and HIFT on selected measures of cardiorespiratory fitness.
- The secondary purpose is to determine the affective valence of SS and traditional HIFT.

## Methods

- Pre-VO2max test and 12-minute cycling performance trial
- Random assignment into one of two trial groups (HIFT or SS) or a third control group (CONT).
- Treatment:
  1. 4 rounds of a 2-minute all-out effort functional training exercise.
  2. 9 training days separated by min 24 hours each.
  3. Groups required supervision on training days 1, 5, and 9.
- Pre-VO2max test and 12-minute cycling performance trial

**Sprint Snacks** would increase one’s VO2Max as **efficiently** and **similarly** as a regular High Intensity Functional Training protocol for previously inactive adults.

**Cardiorespiratory fitness** would also increase similarly between traditional HIFT and SS

**Sprint Snacks** are a **time efficient** and **adequate** method to promote aerobic exercises and enjoyment.

## Results:

- 3/6 participants had improved post VO2 max scores (subjs 2, 4, and 6)
- 4/5 participants used increased wattage on their post performance test(subjs 2, 4, 5, and 6)
- All five subjects went a shorter distance on their post performance
- 1/2 subjects who was in the sprint snack group had an increased VO2 max (subj 2)
- 1/3 subjects who was in the traditional HIFT group had an increased VO2 max (subj 4)

