

# Circuit Training Organisation Rule Options



There are many options for the your circuit training depending on class size, space available, groups, time available, exercises chosen, ability of learners etc. There also variations of type of training and two are explained below:

## HIIT

High-intensity interval training (HIIT) is a cardiorespiratory training technique that involves short bursts of intense exercise followed by even shorter rest periods. You repeat this cycle several times within a period of time. HIIT covers all types of interval training that involve a period of work followed by a period of rest.

The work period can be a set time or number of repetitions. The times can vary, but usually, each interval lasts 2 to 3 minutes and the entire workout lasts 20 to 40 minutes.

## Tabata

Tabata is a type of HIIT workout that aims to yield the most benefits in a short amount of time. For each exercise, you do eight rounds of 20 seconds of strenuous exercise followed by 10 seconds of rest.

Each Tabata round lasts 4 minutes and involves eight intervals of 20 seconds of intense exercise followed by 10 seconds of rest. Usually, you do a Tabata workout for 20 minutes, but you can opt to do one or a few exercises for a shorter session.

**Tabata is a high intensity work-out and not suggested for beginners but by providing easier exercises and longer rest periods, children can access and enjoy this high energy approach.**

Obviously, training should be differentiated for a primary school level and all options are dependent the teacher's decisions in terms of the school, class and learners. Suggestions are provided below to use as guidelines- these should be amended depending on lesson conditions.

### **Circuit Training Organisation Suggestions**

	HIIT	HIIT	Tabata
<b>Time</b>	20-60 seconds	20-45 seconds	20 seconds
<b>Group</b>	Pairs	Individuals	Individuals
<b>No. on Station</b>	2 pairs = 4 learners	3 learners	4 learners
<b>Rest</b>	Partner rests whilst other exercises	1 minute between each station	10 seconds to 1 minute between each station
<b>Record</b>	Partner counts number of repetitions or encourages	Count whilst exercising and record during rest	Count whilst exercising and record during rest
<b>Stations</b>	9	12	8*
<b>Total Learners</b>	36 (if an odd number work in 3s - one counts, one encourages)	36	32
<b>Time</b>	1 rotation- 2 mins max per station (1 rests, 1 exercises, then swap) = 18 mins.	1 rotation- 1 min. 45 secs. max per station (45 sec. exercise, 1 minute rest) = 21 mins.	2 rotations- 1 min. 20 secs. max per station (20 secs. exercise, 1 minute rest) = approx. 22 mins.

\*One station can be taken off our nine station PowerPoint ([PP565PEKF.1.1CT9](#)) or an 8 station design using our custom PowerPoint ([PP565PEKF.1.3CTC](#)).