



Can you take a HIT?

Short sprints might boost your fitness by significant levels in just 2 weeks. Really short sprints—like 6 seconds.

Researchers at Abertay University in Scotland have claimed that people can improve their fitness levels with just small amounts of exercise.

Participants were asked to cycle all out for 6 seconds then rest for one minute, repeating the cycle 10 times. They found that after 2 weeks participants recorded a 10% improvement in fitness.

The 6-second bursts are one of the shortest sprint durations ever used in high-intensity training (HIT). HIT involves short bursts of intense exercise and achieves similar results to long-distance endurance training.

However, the method is much less time consuming and comes with a lower risk of injury, making it ideal for athletes wishing to remain injury free.