
Medical Edge Radio from Mayo Clinic

Interval Training

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	WHETHER IT'S A GAME OF SOCCER OR THE GAME OF LIFE, HAVE YOU EVER WISHED FOR A LITTLE EXTRA ENERGY? WELL TO GET IT, YOU NEED TO WORK FOR IT. MAYO CLINIC DOCTOR AND SPORTS MEDICINE SPECIALIST DIANE DAHM SAYS THAT COULD MEAN ADDING INTERVAL TRAINING TO YOUR EXERCISE WORKOUT.
Diane Dahm, M.D. Track 3 (:12)	"INTERVAL TRAINING IS INCORPORATING SHORT BURSTS OF INTENSE ACTIVITY INTO AN

	OTHERWISE MODERATE ACTIVITY.”
	FOR INSTANCE, IN A MODERATE JOGGING PROGRAM YOU WOULD ADD SHORT SPRINTS THROUGHOUT THE WORKOUT. DR. DAHM SAYS THERE ARE SEVERAL BENEFITS TO INTERVAL TRAINING. ONE IS THAT IT KEEPS YOUR REGULAR ROUTINE FROM BECOMING BORING.
Dr. Dahm Track 3 (:35)	“IT ALLOWS YOU TO CHANGE THE ROUTINE WITHOUT DOING A HIGH INTENSITY ACTIVITY FOR A LONG PERIOD OF TIME, WHICH CAN LEAD TO INJURY.”
	AND IT’S NOT JUST FOR AEROBIC EXERCISE. YOU CAN INCORPORATE INTERVAL TRAINING INTO STRENGTH PROGRAMS AS WELL.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN

	WILLIAMS.
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