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| --- | --- | --- |
| **Speed-Based Protocols**Work phase: Speed up & maintain ROM Recovery phase: Slow down & decrease ROM | **Interval description** All intervals apply effort and speed to gear up or gear down intensity and are performed between warm-up and cool down sets | **OMNI RPE Scale** |
| **SWEAT System**Choose a basic move:Walk, jog, rock, jump, scissors(1) | 15 seconds @ Somewhat easy (develop ROM & currents)15 seconds @ Somewhat hard to Extremely hard (as fast as possible, maintaining ROM)15 seconds @ Somewhat easy (recovery, and/or change to new move)45 seconds to complete each interval boutRepeat move and/or change move and repeat interval:2 X = 1.5 minutes3 X = 2.25 minutes4 X = 3 minutes | 3-56-103-5 |
| **Hover Jogs** 1 Hover jog = Combination of jump & 4-6 jogs suspended above the bottom (1) | 15 seconds @ Somewhat hard to Extremely hard (as many jump/jog combined moves as possible)30 seconds @ Easy to Somewhat easy 45 seconds each interval boutRepeat hover jog interval 4-8 X or more based on training objective & fitness. | 6-102-4 |
| **Arm Stroke Workout**Shallow running, tethered to wall 1 stroke = every time the right arm is forward (2)  | 1 set: 25 strokes @ Somewhat easy1 set: Somewhat hard to Extremely hard (as fast as possible)-Recover @ Easy, Somewhat easy, until breathing easy-3 sets: 50 strokes @ Somewhat hard to Extremely hard-Recover between each set –1set: 100 strokes @ Somewhat hard-Recover and cool down- | 3-56-101-36-101-36-71-2 |
| **Go Hard/Go Easy Timed Round** (Sanders , 2014) Choose a move, work through the intervals creating a round of HIIT (3) | 1 round (~ 4 minutes) = preparation & all intervals:- Preparation/practice 15 seconds@ Somewhat easy-Interval intensitiesWork @ Somewhat hard, Extremely hard: Recovery @ Somewhat easyInterval times (Work:Recovery)10:15, 15:30, 30:30 - Recover breathing@ Somewhat easy, then repeat-30:30, 15:30, 10:15Repeat the round with a new move, based on objective and fitness level. | 3-56-10:3-52-5 |
| **Deep Water Running Workout** (4)Tethered to wall, with buoyancy belt support | 5 sets, 2 minutes each @ Somewhat hard-Recover 30 seconds @ Easy-8 sets, 1 minute each @ Hard to Extremely hard-Recover 30 seconds @ Easy-5 sets, 2 minutes each @ Somewhat hard-Recover and cool down-28 minutes to complete all interval bouts in workout | 6-71-28-101-26-71-2 |
| **Deep Water Running Program** (5)Tethered to wall with buoyancy vest support | 1 minute active recovery between each set @ Somewhat easyWeeks 1-4- 6 sets, 4 minutes each @ Somewhat hard to HardWeeks 5-8- 6 sets, 4 minutes each @ Hard, Extremely hardWeeks 9-12- 6 sets @ Extremely hard30 minutes to complete all interval bouts in each workout | 4-56-77-89-10 |
| **HIIT Circuits (HIICT) (**1) Choose 4-5 exercises, 1 each per station. Ideas:-Mix & match land sandbell work on deck with water work-Combine exercises, i.e. Hover jogs + moving water buckets on/off deck + running | 1 round = 4-5 exercise stationsComplete 10 repetitions of each exercise at each station @ Somewhat hard to Extremely hard-Recover 10 seconds between and/or move to next station@ Somewhat easyComplete one round of all 4-5-exercise stations for time (as quickly as possible).Repeat the round in less time. | 6-103-5 |

**Table References**

1. Sanders ME. On the floor: HIIT the pool. ACSM’s Health & Fitness Journal. 2014;18(22): 30-34. Available at <https://journals.lww.com/acsm-healthfitness/Fulltext/2014/04000/HIIT_the_Pool.10.aspx>
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4. Wilder, RP, Brennan, DK. Techniques of aqua running, Chapter;131, in Comprehensive Aquatic Therapy by Becker BE & Cole, AJ. 1997; Butterworth-Heinemann, Boston, MA.
5. Kanitz AC, Delvatti RS, Reichert T, et al. Effects of two deep water programs on cardiorespiratory and muscular strength responses in older adults. Exp Gerontol.2015; 64:55-61.



Tethered shallow water running