

Going Strong: Training Goals and An HIIT Workout Routine During Naptime

Description

Remember how I posted my [workouts from last week](#) a whole 2 times? Yeah, that didn't last too long. Not that I quit working out, far from, but that typing it all out took too long. Honestly, keeping myself in check is hardly an issue, just ask my wife, so other than sharing my workouts with all who care to read, it felt pointless.

Sorry to anyone who seriously looked forward to knowing my workouts from the prior week. Instead, I hope to share strength & conditioning routines created either by yours truly (that's me) or found elsewhere.

High intensity routines are perfect for the time-strapped parent (or anyone short on time) as they provide a superb training stimulus in 30 minutes or less. That is, of course, assuming you push yourself out of your comfort zone. If there's one carry-over from my years of marathon training to strength training, it's learning to push far beyond my level of comfort to reach and/or surpass my goals.

One thing I have trouble with in my strength goals is actually doing less to gain more. With marathon training, it's all about doing more; more miles, more time on feet, and essentially, more running! When training for strength, you focus on lifting more weight (i.e. get stronger), but not much else since your muscles need to rest and recover in order to repair themselves and grow stronger.

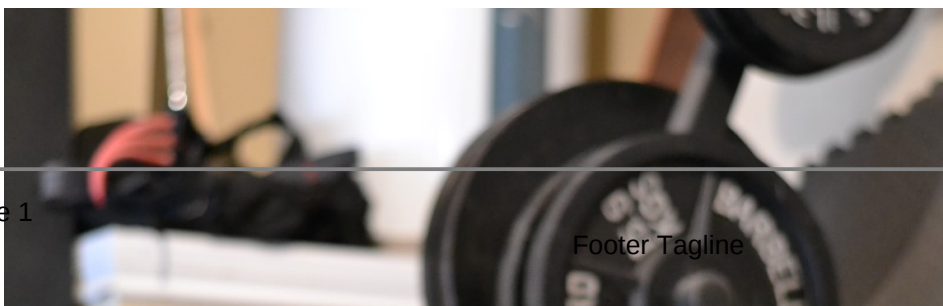
Strength training is obviously more detailed than that, but that's an extreme Cliff Notes version. Lift heavy, eat a caloric surplus, rest, repeat. I've done better with this over the years, but still have a major problem with creating a caloric surplus. I'll admit I have this fear of getting fat, like I used to be, and anytime I actually eat what I think is a lot, I have this urgent need to go run or do some form of exercise. It's borderline OCD if not worse, but like I said, I'm getting better at accepting I MUST eat more to actually get stronger.

Even with my diet comprising of almost all whole foods that I prepare, I still find ways to be hard on myself as if I'm not doing enough. I think it's time I get over it and eat more peanut butter! Love that stuff!

I could blabber on and on about this topic, but it'd become more redundant than it already is. Plus, I have an HIIT routine I created that I want to share with you and hopefully you'll find it effective.

Although this is mainly a blog about my life as a stay-at-home dad, fitness/nutrition plays a major role in our lives and is a field I want to get into when Avery starts going to school. Plus, parents need to keep fit too. If not for their own health, for the sake of leading by example for their little ones!

Once your kid goes down for a nap or you're graced with a patient child, try this routine for a full-body blast that'll have you full of endorphins once finished.



Iâ€™m waiting for you!!

6 Rounds for Time

6 *Pull-ups or Chin-ups

10 Burpees

15 Push-ups

10 1-arm **Kettlebell Swings (each arm)

15 V-Ups

**If you canâ€™t do pull-ups/chin-ups, try inverted rows or dumbbell bent rows*

***If you donâ€™t have a kettlebell, use a dumbbell or anything you can old and securely swing*

I was feeling this the next day and loved it! If you really push yourself, expect to take about 15 to 20 minutes to complete. I added 5 minutes of biking before and after but itâ€™s not required.

Give this routine a try and let me know how you liked it (or didnâ€™t like it) in the comments below. This is also a great finisher after pure strength training with compounds exercises like squat, deadlift, bench, etc.; just shorten it to 3 rounds.

Do you struggle with getting motivated to exercise or are you like me and struggle with doing less to gain more?

Do you like crossfit style â€œWODsâ€• like this?

This post is part of the [#FitFamilyFriday](#) Link Party. Click below to find posts by other health-minded bloggers and be sure to share with your friends and family!

[Papa_Tont](#)

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