Quick Splash! HIIT Rx

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Objective: Cardio HIIT, 2-3 days/week, ~23 minutes/session.

Pre-Exercise tips to get started

Choose a depth! Navel to nipple deep, jog increasing range of motion (ROM or size of move) and speed to start warming up.

Wear water shoes for support and traction!

Check personal recovery skills!

Backward falls recovery. Squat into a seated position; lift feet off the bottom, hands at hips. Scoop hands toward the surface, extend legs, and stand.

Forward falls recovery. Squat, lean forward, hands in front, feet off the bottom; turn head sideways, roll to a seated position, scoop hands to surface, extend legs, and stand.
**Scull!** Move hands in a figure eight motion, like “smoothing sand”, creating rudders for balance and vertical stabilization.

**Check & correct!** Maintain range of motion, shoulders down & back, hips under, “Don’t get behind your behind”. Check posture & stabilize during transitions.

**Transitions:** Gear “DOWN”: Small, slow, EASY & prep for gear “UP” intervals.

**Modify!** Work deeper to decrease impact & wear webbed gloves for extra stability.
Check! Monitor intensity using the OMNI Scale of Perceived Exertion.

The OMNI Aquatic Exercise Scale of Perceived Exertion

# Quick Splash! HIIT Workout

<table>
<thead>
<tr>
<th>Warm up Walk or Jog (3 min)</th>
<th>EASY to SOMEWHAT EASY OMNI RPE 0-4 Increase size (ROM) and speed up!</th>
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<tbody>
<tr>
<td>Travel back and forth; push &amp; pull with hands</td>
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**Forward (heel/toe strike)**
- Hands push and pull to assist travel

**Backward (toe/heel strike)**
- Hands push and pull to assist travel

**Sideways**
- Hands power across the body to assist travel

**Diagonal work, pivoting to change directions every 6-8 steps**
- Hands push and pull to assist balance and travel

**Add surface area for drag**
- Push a submerged kick board
- Hold hands down at hips
- Maintain or increase speed of travel

**Transition jog & scull at the end of the warm-up**

Gear **DOWN: Small, slow. Stabilize**
### Cardio interval training (20 minutes):
Work each variation through the interval.\(^1,2\)
- Develop ROM & maintain with increased speed

### 15:15:15 Speed Intervals:
15 seconds @ each pace & RPE:
- SOMEWHAT EASY: OMNI RPE 3-5
- SOMEWHAT HARD TO VERY HARD: OMNI RPE 6-10 (as fast as possible, maintain ROM)
- SOMEWHAT EASY, OMNI RPE 3-5 (recovery)

### 1. Jog (8 min)
Extended, stand tall, jog in place & scull, go to Rebounding
- Hands scull wide in front

Suspended, feet off the bottom
- Hands scull wide in front

Stand tall, Wide knees
- Hands scull wide at sides

Submerge chest, feet tap the bottom (neutral position)
- Hands scull wide at sides

Heels to buttocks
- Hands scull wide in front

Travel sideways back & forth
- Hands push/pull to assist

Transition jog & scull at the end of set

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**Gear DOWN:** Slow, small. Stabilize
### 2. Jump (6 min)

| **15:15:15 Speed Intervals** | 15 seconds @ each pace & RPE: SOMewhat Easy: OMNI RPE 3-5
SOMewhat Hard To Very Hard: OMNI RPE 6-9 (as fast as possible, maintain ROM)
SOMewhat Easy: OMNI RPE 3-5 (recovery) |
<table>
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<tr>
<td>Tuck jump knees front</td>
<td>• Push hands downward</td>
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<tr>
<td></td>
<td>• Add surface area to increase intensity (paddles shown)</td>
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<tr>
<td>Wide stance jump knees to sides</td>
<td>• Push hands downward</td>
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<tr>
<td>Heels to buttocks &amp; scull</td>
<td>• Hands scull wide and in front</td>
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<tr>
<td>Hands overhead, wide stance jump</td>
<td>• Pull arms down to hips</td>
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<tr>
<td>Tuck jump, traveling back &amp; forth</td>
<td>• Hands push/pull in water</td>
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<tr>
<td>Transition jog &amp; scull at the end of set</td>
<td>Repeat interval 4 X while jumping &amp; traveling</td>
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Gear **DOWN**: Slow, small. Stabilize
3. “Helicopter” Hovers: Jump & Jog combo (6 min)

**15:30 Speed Intervals @ RPE**

**HOVER:** SOMEWHAT HARD TO VERY HARD: OMNI RPE 6-10 (as fast as possible, maintain ROM)

**RECOVER:** SOMEWHAT EASY: OMNI RPE 3-5

Jump high then jog 6-8 times suspended above the bottom before landing (hovering helicopters). Complete as many “hovers” as possible. Maintain ROM of jogs suspended.
- Hands scull for lift and balance

Repeat interval 8 X

**Cool down & dynamic range of motion** (3-4 min)

**EASY: OMNI RPE 0-3**

Walk forward arms open for the “titanic” drag arms chest stretch

Hop backward during hamstring and quad stretches
- One hand sculls for balance

Model: Doug Whitehill  Photos: Tracy Frankel, Courtesy of WaterFit®

**References**


**Resources**


**Video resources**

Clips demonstrate coaching methods, exercises, variations, and intervals from the protocols used by study participants in Nagle et al. (2013, 2015).

- **Jog:** see Supplemental Digital Content 1, Video 1, [http://links.lww.com/FIT/A120](http://links.lww.com/FIT/A120)
- **Jump:** see Supplemental Digital Content 2, Video 2, [http://links.lww.com/FIT/A121](http://links.lww.com/FIT/A121)
- **Hovers jump & jog combination:** see Supplemental Digital Content 3, Video 3, [http://links.lww.com/FIT/A122](http://links.lww.com/FIT/A122), and Supplemental Digital Content 4, Video 4, [http://links.lww.com/FIT/A123](http://links.lww.com/FIT/A123).