

01 / UNDERSTAND THE APPROACH

The Beginner's Guide to HIT Training

Focused strength sessions.

A week you can plan. A log you can use.

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What HIT means

High intensity training emphasizes challenging sets and a relatively low amount of work. It is different from high intensity interval training. Choose effort and exercises appropriate to your experience.

Training to failure is not required for a set to be useful. A meta-analysis found no significant overall difference in strength or muscle growth between failure and non-failure training. Its studies involved young adults, so the finding is not a rule for every person. [1]

Plan the week first

Choose realistic training windows and a backup time. Two 45-minute sessions would total 90 minutes, including warm-ups and rest. Travel, check-ins, food preparation and other activity take additional time. Your sessions may need longer.

Choose exercises around your equipment and experience. A review of time-efficient training highlights multi-joint lower-body exercises, upper-body pushing and upper-body pulling as useful priorities. It does not establish one ideal routine for everyone. [2]

My training windows

My backup time

02 / PREPARE AND RECORD

A checklist for your next session

- Know the exercises, working sets and repetitions in your plan.
- Allow time for warm-up sets suited to the exercise and load.
- Use equipment you can set up and operate confidently.
- Keep technique consistent. End the set if you cannot maintain it.
- Record the work you completed before leaving.

Learn the movement before chasing maximal effort. A beginner does not need to attempt failed repetitions. Stop an exercise that causes pain and seek appropriate assessment. This guide is general education, not injury treatment or an individualized program.

Your workout log

Record each working set. Include the equipment or setup so you can compare similar sessions. Use another row if you need more room.

Date / exercise	Weight	Reps per set	Technique / effort notes
Example: cable row	Your load	Actual reps	Same setup; controlled movement

The example row shows what to record. It is not a workout prescription or a client result.

One question for my next review

03 / REVIEW AND ADJUST

Make the next week workable

Did the sessions fit your week? Were the exercises manageable? Did you complete the planned work? Keep those answers beside your log.

Repeat a load when you need practice. Discuss persistent stalls or difficulty recovering with your coach before adding more work. If you miss a session, return to the plan at the next suitable opportunity. Repeated missed sessions are a reason to reconsider the schedule.

A useful next step: write down what you want to keep and the one part of the week that needs an adjustment.

Read more or ask for help

Use the [weekly planning guide](#) for a sample schedule, or learn [what to share in a coaching check-in](#).

For individualized training or nutrition support, see [online coaching with Sam](#). Current plans and terms are on the [pricing page](#).

Research references

1. Grgic et al. *Effects of resistance training performed to repetition failure or non-failure on muscular strength and hypertrophy: A systematic review and meta-analysis*. Journal of Sport and Health Science, 2022;11(2):202–211. [Read the paper](#).
2. Iversen et al. *No Time to Lift? Designing Time-Efficient Training Programs for Strength and Hypertrophy: A Narrative Review*. Sports Medicine, 2021;51:2079–2095. [Read the abstract and access the paper](#).

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