



TIP: Incline Training for Effective and Efficient Cardio

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From burning more fat and calories to increasing performance, current research suggests that incline training is a superior form of cardio exercise.

Recent studies have looked at the physiological benefits of incline training compared to training on a flat surface. Their findings demonstrate that we experience greater benefits walking on an incline versus running on a flat surface. Here's why:

- Incline training recruits more muscles, so we achieve elevations in heart rate that are similar to running at a fast pace with no incline.
- Intense aerobic training primarily burns calories from carbohydrates, while incline training effectively burns calories from fat. Walking 3 mph on a 16-18% incline burns 70% more fat than running on a flat surface.
- Training on an incline at a slower pace reduces the impact on joints, while realizing the same or greater benefits of high impact running. A slower pace minimizes the risk of injury that may occur during high speed training.

A wide incline range offers a lot of cardio exercise variety in training programs. Everyone, from elite athletes to seniors and the deconditioned, can obtain great results by working out on an incline. Those who find high impact running inappropriate can still yield the same, if not better, cardiovascular gains with a slower pace on an incline.

References: Freemotionfitness.com 2009; Human Movement Program at AT Still University, Colorado Springs, CO 2008.