



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #91

Martin Gibala

Today I bring you Dr. Martin Gibala. Dr. Gibala is a professor and chair of the kinesiology department at McMaster University in Hamilton, Ontario. His research on the physiological and health benefits of high-intensity interval training has attracted immense scientific attention and worldwide media coverage. Dr. Gibala has published more than 100 peer-reviewed articles, the results of which have been featured by media outlets including The New York Times, The Wall Street Journal, CNN, and NBC Nightly News. He is frequently invited to speak at international scientific meetings and has received multiple awards for teaching excellence. We're going to talk about his journey as well as his new book, The One-Minute Workout.

Quotes

"We've done such a good job of engineering physical activity out of our lives."

"We're learning more that these shorter, more frequent bouts of activity through the day might be a better approach than a single continuous prolonged bout of exercise."

"Most of us are time-pressed and intervals provide a very effective way for time-efficient workouts. Again, there's no intensity-duration trade off. If you're willing and able to work hard, you can get away with a surprisingly small dose of exercise."

About Benefits in One-Minute Workouts

"Is it true, can we now get exercise in one minute?"

"Yes. It's admittedly a bit of a teaser headline but it's based on research where we've been studying as little as three 20-second bursts of very vigorous exercise and showing that's extremely beneficial in boosting health and fitness."

About The Quality of Interval Workouts

"One of our most recent studies was examining that three 10-minute sessions per week against another group that was doing three 50-minute sessions per week of the more traditional, continuous approach. What we found out after several months of training was improvement in cardiovascular fitness was virtually identical in the two groups. Improvement in blood sugar control and other health markers were also very, very similar despite the fact that the interval trainers are involved in a five-fold lower total time commitment. Again, that's including warm-up, cool down and recovery. So I think any way you slice it, interval training unquestionably can be a time-efficient way to confer health benefits and there's a sliding scale there between intensity and duration. The harder you're willing and able to work, the smaller the amount of exercise you can seemingly get away with – if you will – and still reap tremendous benefits."

Action Plan

"We just tell people to get out of your comfort zone. Obviously, you're going to be changing, starting an exercise routine. Yes, you want a medical assessment and you want to check with your physician. But don't go from 0 to 60 overnight. So if your only exercise is walking around the block, an interval workout for you is picking up the pace for a few light post and then backing off. That's the beauty of interval training. It can be scaled to many different starting level of fitness. So our advice to people is get out of the comfort zone."

Recommended Books:

The One Minute Workout

<https://www.amazon.com/One-Minute-Workout-Science-Smarter-Shorter/dp/0399183663>

Websites and Social:

Publications:

<https://www.science.mcmaster.ca/kinesiology/people/faculty/191--martin-gibala.html>

Twitter: <https://twitter.com/gibalam>

Video: <https://www.youtube.com/channel/UCYphNKuwlq3AM78cmAoDZ6g>