Still no time to exercise? Efficacy of a novel "dispersed" protocol of the Wingate exercise bouts

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Abstract. Research has clearly shown the efficacy of sprint interval training (or SIT) in enhancing aerobic fitness in untrained-to-moderately trained individuals. A SIT session is where the individual performs several very short (duration of 30 s or less) all-out maximal exercise exertions of intensity >100% VO_{2max}. Traditionally, the SIT uses the 30 s Wingate anaerobic cycle test (WAnT) as the exercise model. During a typical SIT session, the individual usually performs 3 to 4 WAnT bouts with between 2 to 4 min of either low-intensity active cycling or passive rest between each of the bout, i.e., the WAnT bouts are performed, in what we termed, a clustered protocol. In this presentation, we will showcase recent published data, including work done at the Singapore Sport Institute, supporting the health and fitness benefits of a novel "dispersed" protocol of performing the WAnT bouts. Here, only a single 30 s WAnT bout is performed at any one time, but executed three times throughout the entire working day. A long period of passive rest of ~4 h is instituted between each of the WAnT bout insofar to fit into the individual's normal office working hours and hence serves as a natural recovery period between the bouts.

Biodata. Rashid has been involved in Singapore's sporting scene for more than 25 years, serving both as a sport physiologist and a strength and conditioning coach. His work in the area of exercise science and sports performance training and testing has been published in international sports medicine and sports science journals. He is a pioneer in research investigating emerging Asian-dominated sports such as sepak-takraw and pencak-silat. His research interest lies in the practical applications of research findings to improving the athletes' sporting performances. Please see link for his list of peer-reviewed publications: https://www.researchgate.net/profile/Abdul_Rashid_Aziz. Rashid obtained his PhD at Nanyang Technological University where he examined the physiological effects of Ramadan fasting on competitive sporting performances and training of Muslim athletes, and designing ways to attenuate or circumvent the adverse impact of Ramadan fasting on Muslim athletes' performance. His current interest in health and fitness stemmed from the government initiative and current effort of Sport Singapore's GET ACTIVE Movement; which endeavors to get the public to start to exercise and stay healthy.