

Tara's Tabatas

Running Tabata

Time (mins)	Speed (miles per hour)
0:00-3:00	3
3:00-5:00	6
5:00-5:20	Maximum
5:20-5:30	0
5:30-9:00	Repeat 5:00-5:30 cycle
9:00-11:00	3

Burpee Tabata

Exercise	Sets	Protocol
Burpees	4	20 seconds on, 10 seconds off
Kettlebell swings	4	20 seconds on, 10 seconds off
Jump squats	4	20 seconds on, 10 seconds off
Mountain climbers	4	20 seconds on, 10 seconds off
Pop squats	4	20 seconds on, 10 seconds off
High knees with overhead punches	4	20 seconds on, 10 seconds off

Kettlebell Tabata

Exercise	Sets	Protocol
Kettlebell snatch (right arm)	4	20 seconds on, 10 seconds off
Box jumps	4	20 seconds on, 10 seconds off
Kettlebell snatch (left arm)	4	20 seconds on, 10 seconds off
Push ups	4	20 seconds on, 10 seconds off
Kettlebell thrusters	4	20 seconds on, 10 seconds off
Medicine ball slams	4	20 seconds on, 10 seconds off