



LOW-INTENSITY STEADY STATE TRAINING

Low-intensity steady-state, or LISS, is a method of cardiovascular exercise in which you do aerobic activity at a low-to-moderate intensity for a continuous, and often extended, period.

“LISS” is a newer term used to describe a low-intensity style of training, but this form of exercise has been around for decades. You may also know it as:

- Low-intensity exercise
- Steady-state training (SST)
- Continuous cardiovascular exercise
- Long slow distance (LSD) training

WHAT ARE THE BENEFITS?

- It aids in fat burning and fat loss. Steady-state training improves your body's ability to use fat as fuel instead of using glycogen stored in your muscles.
- It's appropriate for all levels. Since LISS is easier to do and gentler on the body, it's appropriate for beginners. Intermediate to advanced fitness levels often use it as part of an endurance training program.
- It allows for easier recovery. Because you're putting less stress on your heart and body, you may find you recover more quickly and easily from LISS.
- It's an effective way to train for endurance events. Exercising at a lower intensity for a long period of time puts less stress on your heart and lungs than a more-intense workout.
- It's also great for recovery after a difficult workout. You can use LISS as a recovery session the day after a high-intensity workout.