

HIIT for the Mind: The 12-Week Rule

Why intensity beats duration in skill mastery

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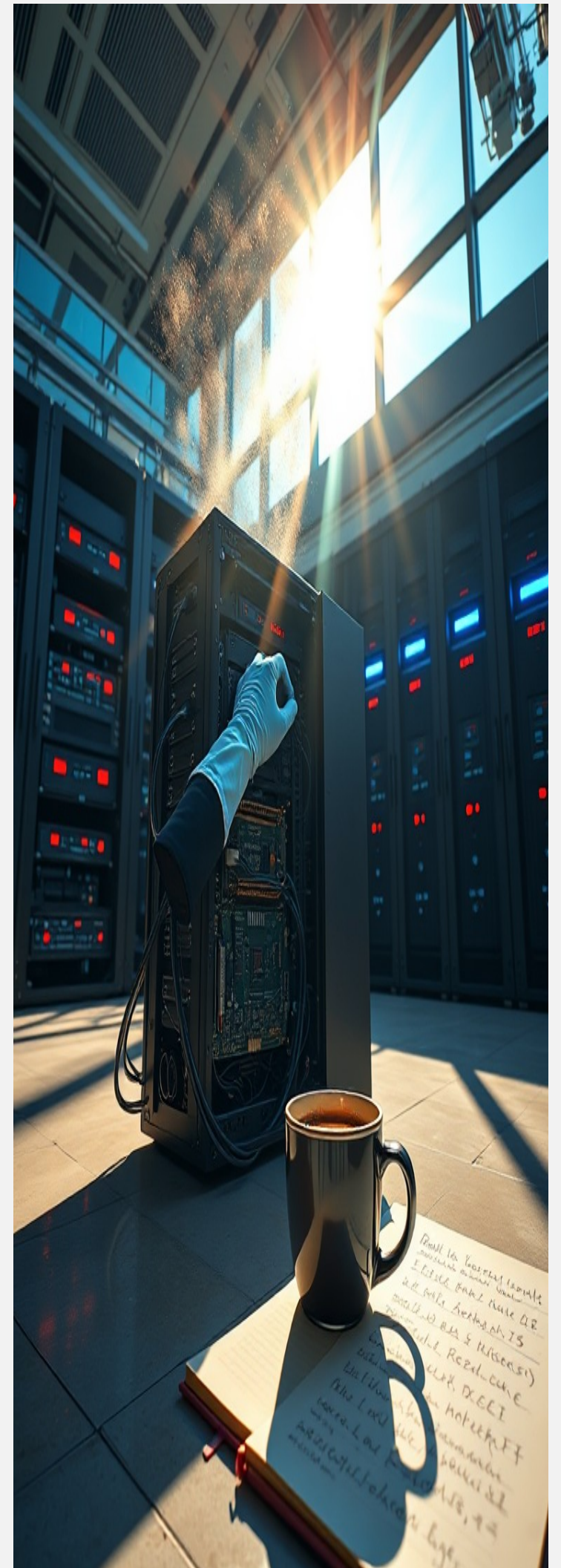
12 weeks

Training Duration

The time it took for veterans with pulmonary vascular disease to show measurable improvement in lung and cardiovascular efficiency through high-intensity interval training.

This 12-week regimen—three sessions per week of HIIT—led to significant gains in VO2 max and reduced markers of pulmonary vascular disease. The consistency and intensity of the program, not just duration, drove measurable physiological change.

Source: University of Colorado Anschutz Medical Campus · Published October 9, 2026
<https://news.cuanschutz.edu/departments-of-medicine/exercise-as-medicine-drrd>



01

Effort Is the Real Currency

This suggests that learners should treat AI skill acquisition like physical training: structured, deliberate, and periodized.



02

Progress Is Measurable, Not Just Visible

AI learners should adopt the same discipline: track micro-metrics—code execution speed, model accuracy, inference latency—just as the study tracked physiological markers. Real progress is invisible without measurement.

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