# Early to Rise Customer Support



# Original Turbulence Training vs Turbulence Training 2.0

Honey - 2020-02-06 - Differences between Programs

The new TT2.0 program is quite different for the original program.

Craig updated the original Turbulence Training program with follow along videos and some new workouts with the same equipment as the original TT products. It also includes a nutrition guide and additional bonus workouts.

TT 2.0 has shorter, more intense workouts. The need for traditional interval training has been eliminated in the TT2.0 workouts.