



LACTIC/ANAEROBIC-POWER DEVELOPMENT TRAINING FOR WINGATE PERFORMANCE

Week 1			
NOTE: This is not conditioning. Complete conditioning after these workouts or on off days of this workout.			
Bike Workout 1			
	Duration	Effort	Resistance
5-6 Sets	12 sec	100% Max	High
Rest In Between Sets	2 min	25%	Low
Bike Workout 2			
	Duration	Effort	Resistance
5-6 Sets	15 sec	100% Max	High
Rest In Between Sets	1:30 min	25%	Low
Bike Workout 3			
	Duration	Effort	Resistance
5-6 Sets	25 sec	100% Max	High
Rest In Between Sets	2:30 min	25%	Low



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Week 2			
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Bike Workout 4			
	Duration	Effort	Resistance
5-6 Sets	12 sec	100% Max	High
Rest In Between Sets	2 min	25%	Low
Bike Workout 5			
	Duration	Effort	Resistance
5-6 Sets	17 sec	100% Max	High
Rest In Between Sets	1:30 min	25%	Low
Bike Workout 6			
	Duration	Effort	Resistance
5-6 Sets	25 sec	100% Max	High
Rest In Between Sets	2:30 min	25%	Low



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Week 3			
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Bike Workout 7			
	Duration	Effort	Resistance
5-6 Sets	15 sec	100% Max	High
Rest In Between Sets	2 - 2:30 min	25%	Low
Bike Workout 8			
	Duration	Effort	Resistance
5-6 Sets	10 sec ON	100% Max	High
	10 sec OFF		
	10 sec ON		
Rest In Between Sets	1:30 min	25%	Low
Bike Workout 9			
	Duration	Effort	Resistance
5-6 Sets	10 sec ON	100% Max	High
	10 sec OFF		
	10 sec ON		
	10 sec OFF		
	10 sec ON		
Rest In Between Sets	2:30 min	25%	Low



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Week 4			
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Bike Workout 10			
	Duration	Effort	Resistance
5-6 Sets	15 sec	100% Max	High
Rest In Between Sets	2 - 2:30 min	25%	Low
Bike Workout 11			
	Duration	Effort	Resistance
5-6 Sets	10 sec ON	100% Max	High
	10 sec OFF		
	10 sec ON		
Rest In Between Sets	1:30 min	25%	Low
Bike Workout 12			
	Duration	Effort	Resistance
5-6 Sets	10 sec ON	100% Max	High
	10 sec OFF		
	10 sec ON		
	10 sec OFF		
	10 sec ON		
Rest In Between Sets	2:30 min	25%	Low



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Week 5			
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Bike Workout 13			
	Duration	Effort	Resistance
5-6 Sets	15 sec	100% Max	High
Rest In Between Sets	2 - 2:30 min	25%	Low
Bike Workout 14			
	Duration	Effort	Resistance
5-6 Sets	10 sec ON	100% Max	High
	10 sec OFF		
	10 sec ON		
Rest In Between Sets	1:30 min	25%	Low
Bike Workout 15			
	Duration	Effort	Resistance
5-6 Sets	10 sec ON	100% Max	High
	10 sec OFF		
	10 sec ON		
	10 sec OFF		
	10 sec ON		
Rest In Between Sets	3 min	25%	Low