

# XL ATHLETE

<b>ALACTIC CAPACITY &amp; GLYCOLITIC CONDITIONING</b> (post-practice protocol)		
<b>Bike Workout</b>		
	<b>Duration</b>	<b>Effort</b>
6 Sets	:10	100% Max Sprint
Rest In Between Sets	:50	25% Light Bike
6 Sets	:15	100% Max Sprint
Rest In Between Sets	:45	25% Light Bike
Total Workout	12:00	

This ALACTIC & GLYCOLITIC CONDITIONING workout is to build conditioning in the speed and power zones for the ability to Repeat Sprinting in the Sport of Hockey. This workout is intended to be done post training or practice. Methods of training other than biking can be used with the above intervals like spring, sled push, erg, etc.

