

XL ATHLETE

ALACTIC POWER DEVELOPMENT INTERVALS		
Bike Workout		
	Duration	Effort
12 Sets	:10	100% Max Sprint
Rest In Between Sets	1:50	25% Light Bike
Total Workout	24:00	

This ALACTIC POWER DEVELOPMENT INTERVAL workout is to build Speed and power. It's a high quality workout not for conditioning. This workout is intended to be done post high quality training/practice. Methods of training other than biking can be used with the above intervals like spring, sled push, erg, etc.

