

XL ATHLETE

ALACTIC POWER INTERVALS + GLYCOLITIC CONDITIONING		
Bike Workout		
	Duration	Effort
8 Sets	:10	100% Max Sprint
Rest In Between Sets	1:50	25% Light Bike
6 Sets	:15	100% Max Sprint
Rest In Between Sets	:45	25% Light Bike
Total Workout	22:00	

This ALACTIC POWER & GLYCOLITIC CONDITIONING would be complete as a stand-alone workout, the First part (8 sets) is to build Speed and power. The Last 6 Sets is to build Glycolytic conditioning for the ability to Repeat Sprinting in the Sport of Hockey. Methods of training other than biking can be used with the above intervals like spring, sled push, erg, etc.