

XLathlete.com

Football Alactic/Anaerobic Speed Workouts Level 4, 3 & 2

Workout 1 - Level 4

Time	Effort	Rest	Sets
6 to 7 Seconds 10' Incline	Maximum Speed	2:30 to 3 Minutes Rest	5

Workout 2 - Level 4

Time	Effort	Rest	Sets
8 to 9 Seconds 9' Incline	Maximum Speed	3:30 to 4 Minutes Rest	5

Workout 3 - Level 4

Time	Effort	Rest	Sets
9 to 10 Seconds 8' Incline	Maximum Speed	4 to 5 Minutes Rest	5

Workout 1 - Level 3

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	2 to 2:30 Minutes Rest	4

Workout 2 - Level 3

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	3 to 3:30 Minutes Rest	4

Workout 3 - Level 3

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	3 to 4 Minutes Rest	4

Workout 1 - Level 2

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	2:30 to 3 Minutes Rest	4

Workout 2 - Level 2

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	3:30 to 4 Minutes Rest	4

Workout 3 - Level 2

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	4 to 5 Minutes Rest	4

Karyn Bye Dietz



2-Time Olympian
1998 Gold Medal
2002 Silver Medal
Hockey Player
Of The Year
1995 & 1998

Motivational Speaker
Contact: kdietz@sbwireless.net