

XLathlete.com

Football Alactic/Anaerobic Speed Workouts Level 7, 6 & 5

Workout 1 - Level 7

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	2 to 2:30 Minutes Rest	6

Workout 2 - Level 7

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	3 to 3:30 Minutes Rest	6

Workout 3 - Level 7

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	3 to 4 Minutes Rest	6

Workout 1 - Level 6

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	2:30 to 3 Minutes Rest	6

Workout 2 - Level 6

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	3:30 to 4 Minutes Rest	6

Workout 3 - Level 6

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	4 to 5 Minutes Rest	6

Workout 1 - Level 5

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	2 to 2:30 Minutes Rest	5

Workout 2 - Level 5

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	3 to 3:30 Minutes Rest	5

Workout 3 - Level 5

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	3 to 4 Minutes Rest	6

Karyn Bye Dietz



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

Motivational Speaker
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