

XLathlete.com

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

Complete Each Sprint with 100% Effort

Workout 1 Level 7

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

Workout 2 Level 7

Time	Effort	Rest	Sets
8 to 9 Seconds 9° Incline	Maximum Speed	3 to 3:30 Minutes Rest	6

Workout 3 Level 7

Time	Effort	Rest	Sets
9 to 10 Seconds 8° Incline	Maximum Speed	3 to 4 Minutes Rest	6

Workout 1 Level 6

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

Workout 2 Level 6

Time	Effort	Rest	Sets
8 to 9 Seconds 9° Incline	Maximum Speed	3:30 to 4 Minutes Rest	6

Workout 3 Level 6

Time	Effort	Rest	Sets
9 to 10 Seconds 8° Incline	Maximum Speed	4 to 5 Minutes Rest	6

Workout 1 Level 5

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

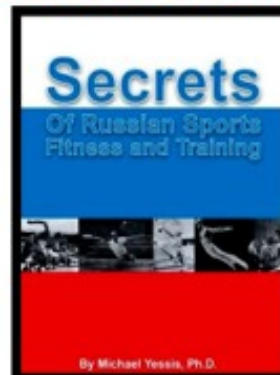
Workout 2 Level 5

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

Workout 3 Level 5

Time	Effort	Rest	Sets
9 to 10 Seconds 8° Incline	Maximum Speed	3 to 4 Minutes Rest	5

Secrets Of Russian Training



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Of A
Sports
Empire**

At The XL Athlete Store

