

XLathlete.com

Football Alactic/Anaerobic Work Capacity Level 4, 3 & 2

Workout 1 - Level 4

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	30 Seconds to 60	8 to 7

Workout 2 - Level 4

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	45 Seconds to 1:15	8 to 7

Workout 3 - Level 4

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	60 Seconds to 1:30	8 to 7

Workout 1 - Level 3

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	30 Seconds to 60	6 to 5

Workout 2 - Level 3

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	45 Seconds to 1:15	6 to 5

Workout 3 - Level 3

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	60 Seconds to 1:30	6 to 5

Workout 1 - Level 2

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	30 Seconds to 60	4

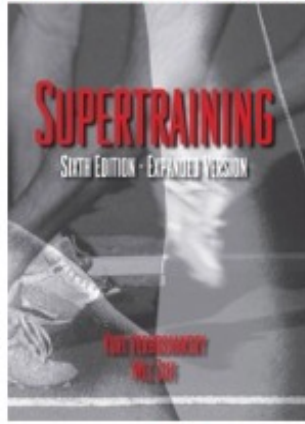
Workout 2 - Level 2

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	45 Seconds to 1:15	4

Workout 3 - Level 2

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	60 Seconds to 1:30	4

SUPERTRAINING



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