

XLathlete.com

Football Alactic/Anaerobic Work Capacity Level 7, 6 & 5

Workout 1 - Level 7

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	30 Seconds to 60	12

Workout 2 - Level 7

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	45 Seconds to 1:15	12

Workout 3 - Level 7

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	60 Seconds to 1:30	12

Workout 1 - Level 6

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	30 Seconds to 60	11

Workout 2 - Level 6

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	45 Seconds to 1:15	11

Workout 3 - Level 6

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	60 Seconds to 1:30	11

Workout 1 - Level 5

Distance	Effort	Rest	Sets
40 Yard Sprint	Maximum Speed	30 Seconds to 60	10 to 9

Workout 2 - Level 5

Distance	Effort	Rest	Sets
60 Yard Sprint	Maximum Speed	45 Seconds to 1:15	10 to 9

Workout 3 - Level 5

Distance	Effort	Rest	Sets
80 Yard Sprint	Maximum Speed	60 Seconds to 1:30	10 to 9

Customize Your Gym



At The **XL** Athlete Store