

Lactic Capacity Intervals

Level 2

Biking/Running

Duration	Sets/Reps
2:00 on, 1:00 off	4 reps
Rest 3:00	1 rep
2:00 on, 1:00 off	4 reps
Rest 3:00	1 rep
2:00 on, 1:00 off	4 reps
MAX SPEED/SPRINTING	
Total Duration: 39 min	