

# Lactic Capacity Intervals

Level 1

Biking/Running

Duration	Sets/Reps
2:00 on, 1:00 off	3 reps
Rest 3:00	1 rep
2:00 on, 1:00 off	3 reps
Rest 3:00	1 rep
2:00 on, 1:00 off	3 reps
<b>MAX SPEED/SPRINTING</b>	
Total Duration: 30 min	