

Lactic Power Intervals

Level 1

Stairs/Biking/Sprinting

Duration	Sets/Reps
0:30 on, 0:20 off	10 reps
Rest 2:00	1 rep
0:30 on, 0:20 off	10 reps
Rest 2:00	1 rep
0:30 on, 0:20 off	10 reps
MAX SPEED/SPRINTING	
Total Duration: 29 min	