

Lactic Power Intervals

Level 2

Stairs/Biking/Sprinting

Duration	Sets/Reps
0:40 on, 0:25 off	10 reps
Rest 2:00	1 rep
0:40 on, 0:25 off	10 reps
Rest 2:00	1 rep
0:40 on, 0:25 off	10 reps
MAX SPEED/SPRINTING	
Total Duration: 37 min	