

AEROBIC WITH ANAEROBIC* LACTIC TRAINING COMPONENT

| WEEK | EXERCISE | BOUTS | INTENSITY | SETS | REST | WEEKLY SESSIONS |
|------|-----------|--------|------------|------|------|-----------------|
| 1 | 10" - 10" | 10 X 2 | 120% Mas | 2 | 5' | 2 |
| 2 | 10" - 10" | 10 X 3 | 130% Mas | 3 | 4' | 2 |
| 3 | 15" - 15" | 10 X 2 | 110% Mas | 2 | 6' | 2 |
| 4 | 15" - 15" | 10 X 2 | 120% Mas | 2 | 6' | 2 |
| 5 | 15" - 15" | 10 X 3 | 130% Mas* | 3 | 5' | 2 |
| 6 | 15" - 15" | 10 X 2 | 150% Mas* | 2 | 6' | 2 |
| 7 | 15" - 15" | 8 X 3 | 170% Mas* | 3 | 4' | 1 |
| 8 | 15" - 15" | 8 X 3 | 170% Mas * | 3 | 3' | 1 |

A example of an 8 weeks off season aerobic training for team sports which I successfully created and used for an handball team.

The above program can be used to boost V02 Max improvement in team sports (rugby, football, lacrosse and many others) as well as in individual sport events.