

	Terminology	Length of Run	Energy System	% of Predicted Performance	Rest Interval between Reps/Sets	Daily Volume	
Speed	Absolute Speed	20-80m	Anaerobic Alactic	95-100%	3-5 / 6-8 min	300-600m	40yd Dash
	Speed Endurance	0-150m	Anaerobic Glycolytic	95-100%	5-6 min	300-600m	Hill Workout (Short / Long Rest)
Lactate	Special Endurance	150-300m	Anaerobic Glycolytic	95-100%	12-15 min	300-900m	Hill Workout (Long Distance / Short Rest)
	Intensive Tempo	100-600m	Mixed: Aerobic Anaerobic	80-89%	30s-5/3-10 min	800-1800m	150s @ 85%
	Extensive Tempo	200-800m	Aerobic	40-79%	30s / 2-3min	1400-1800m	

Type of Workouts	
Flying 10 / 20	10,20,30m starts
Sprint / Float / Sprint	Fly-500
24 Sec. Drill	Track Meets
200s @ 80%	

4x4 Predictor