

## ACTIVITIES FOR TRAINING SYSTEMS

Activity	% of perceived intensity	System
5 - 10 x 5" r1.30-2'	100	AAP
3 x 10 x 3" r10" R6'	100	AAP
reactions 2(10 x 3" r12") R6'	100	AAP
5 x 1/2 lap starts r1'	100	AAP
3 x 5 x 5" r30" R5'	100	AAC
5 x 4 x 10" r50" R8'	100	AAC
3-5 x 4 x 15" r1.30 R8'	100	AAC
4 x 1L starts r2'	100	AAC
Weights/strength		LP
jumps	95	LP
2 x 8 x 100m r2' R8'	95	LP
2 x 10 x 15" r2.30 R8'	96	LP
5 x 40" r10'	98	LP
6 x 30" r8'	98	LP
6 x 15" hills r2.30"	100	LP
2 - 4 x 4 x 15" r4' R10'	100	LP
3(1Lr1.5', 2Lr3', 3Lr4' 2Lr3' 1L) R6'	96	LP
2(6 x 30" r5') R8'	96	LP
5 x 2' r10'	85	LC
2 x 2 x 2' r7' R10' progressive	90	LC
6 x 1' r6'	90	LC
5 x 1.30" r7'	90	LC
4 x 400m r8'	95	LC
6 x 1' r5' progressive	95	LC
3 x 3 x 30" r2.30 R8-10'	95	LC
2 x (400m r5', 700m r8', 400m) R10'	95	LC
2 x (300m r4', 600m r7', 300m) R10'	95	LC
3 x (200m r2.30", 400m r4', 200m) R8'	96	LC
2(3 x 9L r6') R8'	85	LC
relay groups of 4, 3(4 x 3L) R5'	85	LC
relay groups of 4, 3(3 x 3L) R8'	90	LC
6 x 6L r6'	90	LC
3 x 9L r7'	95	LC
Relay groups of 5, 3(4 x 1L) R8'	95	LC
666 time trial	95	LC
6 x 3' r3'	80	AP
4 x 5' r3-5'	80	AP
2 x 3 x 2' r1.30 R6'	80	AP

2 x 2 x 2.30" r2' R6'	80	AP
8 x 2' r2'	82	AP
2 x 3 x 2' r2' R8'	83	AP
2 x 6 x 1' r1' R6'	85	AP
2 x 4 x 50" r1.45 R6-7'	85	AP
4 x 3' r5'	85	AP
3 x 6' r12'	85	AP
3 x 5' r15'	86	AP
2 x 4 x 1' r1' R5'	86	AP
2 x 6 x 1' r2' R6'	88	AP
3 x 3.30" r6'	88	AP
3 x 6 x 30" r30" R8'	90	AP
3 x 5 x 40" r1.30 R6'	90	AP
4 -6 x 3' r15'	92	AP
4 x 6 x 15" r15" R8'	95	AP
1500m time trials	100	APLC
3000m time trials	100	AP
3 x 3 x 30" r1' R5'	95	AP
2 x 7 x 15" r45" R6-8'	95	AP
2(3 x 7L r3') r6'	80	AP
2(3 x 5L r1.30") R5'	80	AP
2(7L, 9L, 13L, 9L, 7L r=w) R8'	82	AP
3(6 x 30" r1') R6'	90	AP
4 x 13.5 L r5'	90	AP
3 x 27L r8'	95	AP