

SYSTEM	ANAEROBIC ALACTIC POWER	ANAEROBIC ALACTIC CAPACITY	ANAEROBIC LACTIC POWER	ANAEROBIC LACTIC CAPACITY	AEROBIC POWER	AEROBIC CAPACITY
WORK TIME	0-5"	7-15"	15"-45"	45"-2'	10"-5'	>15'-2 hrs
INTENSITY	(100%)	(100%)	(96-100%)	(85-95%)	(75-95%)	(60-80%)
REP REST	1 : 10-20	1 : 5-8	1 : 8-10	1 : 5-6	2:1 to 1:5	
SET REST	5-10'	5-10'	10-15'	10-15'	5-15'	
REST TYPE	total	total	active followed by total	active followed by total	active followed by total	
SET VOLUME		60" max			5-20 reps	
TOTAL VOLUME	< 3'	3-8'	< 12'	< 12'	30' max	
NOTES	Normally part of or immediately following warm up. Used in combination with other programs.	Normally part of or immediately following warm up. Used in combination with other programs.	Important to respect rest / work ratios to allow time for restoration of energy supply. If rest is inadequate work cannot be accomplished at desired speed.	Important to respect rest / work ratios to allow time for restoration of energy supply. If rest is inadequate work cannot be accomplished at desired speed.	The longer the work period the lower the % of intensity is normally. Also dependent on # of reps. Too high an intensity may result in too high an accumulation of lactates.	Off ice programs only. Work periods are too long to be done on ice as basic position is inherent to lactate accumulation.