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| TRAINING ABILITIES  | ENERGY SYSTEM  | DISTANCE  | PERCENTAGE TARGET TIME/HEART RATE  | REST RATIO PER REP AND SETS  | TOTAL DISTANCE |
| SPEED  | Anaerobic Power  | 20- 80m  | 90- 95% | 3’ – 5 ‘ | 300M- 800M  |
| SPEED  | Alatic Power  | 30- 80m  | 95 - 100%  | 3’ – 5’/ 6’ – 8’ | 300M – 800M |
| SPEED ENDURANCE  | Anaerobic Capacity | 80 – 150m  | 90 - 95% | 5’ – 6’ | 600M – 1200m  |
| SPEED ENDURANCE | Lactic Power  | 80 – 150m | 95 - 100% | 6’- 10’  | 300M – 600M  |
| SPEED ENDURANCE I | Anaerobic Capacity | 150 – 300M  | 90 – 95% | 10 ’ – 12’  | 600M – 1200M  |
| SPEED ENDURANCE I | Anaerobic Power | 150 – 300M  | 95 - 100% | 5’ – 10’  | 300M – 1000M  |
| SPEED ENDURANCE II | Lactic Capacity  | 300 – 600M  | 90 – 95% | 10’ – 20’  | 600M – 1200M  |
| SPEED ENDURANCE II | Latic Power  | 300 – 600m  | 95 – 100% | 15’  | 300m – 600m  |
| GENERAL ENDURANCE | Aerobic  | 30’ – 1hr  | 60 – 70% |  |  |
| EVENT SPECIFIC ENDURANCE  | Anaerobic  | 200M – 100M  | 90% - 110% | 10’ – 30’  | 1500M – 3000M  |

**TABLE BELOW SHOWING THE GUIDELINES FOR THE DIFFERENT TRAINING ABILITIES.**