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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.**