

Program for:

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None

Måndags träning

There are no notes for this program.  
none

Måndags träning

U. Power uthållighet

NOTES:

|                                          |                                | SETS      | REPS | INTENSITY                |       | DURATION | REST          |                                                                                     |
|------------------------------------------|--------------------------------|-----------|------|--------------------------|-------|----------|---------------|-------------------------------------------------------------------------------------|
|                                          |                                |           |      | RELATIVE                 | WATTS |          |               |                                                                                     |
| ●                                        | PU Sprintstege kort (5,10,20m) | BILATERAL | 2    | 6x5m,<br>4x10m,<br>2x20m | 100%  |          | 3min set vila |  |
| NOTES: 100% i sprint och gåvila tillbaka |                                |           |      |                          |       |          |               |                                                                                     |
| ┌                                        | PE STAC DL-Sprint 37 m         | BILATERAL | 3-5  | 2=                       | 95%   |          | 20sek         |                                                                                     |
|                                          |                                |           |      | 1hö/1vä                  |       |          |               |                                                                                     |
| └                                        | PE STAC 10-5-10 m              | BILATERAL | 3-5  | 3                        | 95    |          | 20sec         |                                                                                     |
| NOTES: 3min setvila                      |                                |           |      |                          |       |          |               |                                                                                     |

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There are no notes for this program.  
none

|  | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
|--|-------|-------|-------|-------|-------|-------|-------|

**Sections:**  
U. Power uthållighet