

# Anaerobic Training Program

**Ideal for sports with high anaerobic content, including:**

- Basketball
- Boxing
- Fencing
- Field Hockey
- Football
- Golf
- Gymnastics
- Ice Hockey
- Wrestling
- Softball
- Baseball
- Speed Skating
- Swimming – short distance
- Tennis
- Soccer
- Track – short distance
- Volleyball
- Skiing

## **PRE SEASON TRAINING**

- Interval Training - 3 Days
- Aerobic Training - 1 Day
- Endurance Training - 0 Days

## **IN SEASON TRAINING**

- Interval Training - 1 Day
- Aerobic Training - 1 Day
- Endurance Training - 1 Day

## **OFF SEASON TRAINING**

- Interval Training - 1 Day
- Aerobic Training - 2 Days
- Endurance Training - 1 Day