Phase 2: Intensification/Aerobic Block's Workout Log - Bodybuilding.com

Energy System Training

<table>
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<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
<th>Set #4</th>
<th>Set #5</th>
<th>Set #6</th>
<th>Set #7</th>
<th>Set #8</th>
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<tbody>
<tr>
<td>Get up and sprint: 5 sets of 30 yards, rest 2 min.</td>
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<td>One day per week (after lifting or on a rest day):</td>
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<td>Running: 8 sets of 1/4 mile, rest 1 min.</td>
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TRAINING, NUTRITION & SUPPLEMENT NOTES:
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