**CONDITIONING AROUND THE FIELD PROGRAMMA 1**
 **WORKOUT 1  WORKOUT 4**
140S RUNNING 4400S RUNNING
60S WALKING 50S WALKING
140S RUNNING 60S RUNNING

**WORKOUT 2 WORKOUT 5**
180S RUNNING 480 RUNNING
60S WALKING 60s WALKING
180S RUNNING 90s RUNNING

**WORKOUT 3 WORKOUT 6**180S RUNNING 600S RUNNING
60S WALKING
220S RUNNING