**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