**CONDITIONING POLE TO POLE PROGRAMMA 2**  
  
  
**WORKOUT 1**   
5X POLE TO POLE 15M SPRINT   
  
**WORKOUT 2**    
5X POLE TO POLE 20M SPRINT   
  
**WORKOUT 3**    
6X POLE TO POLE 20M SPRINT   
  
**WORKOUT 4**    
6X POLE TO POLE 25M SPRINT   
  
**WORKOUT 5**    
7X POLE TO POLE 18M SPRINT   
  
**WORKOUT 6**    
7X POLE TO POLE 25M SPRINT