**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