**SPRINT PROGRAMMA 1  
  
EMOM – EVERY MINUT ON THE MINUT**  
  
**WORKOUT 1**    
5x 90 sec 35m  
 **WORKOUT 2**    
5x 80 sec 35m  
 **WORKOUT 3**    
6x 90 sec 40m  
 **WORKOUT 4**    
6x 80 sec 40m  
 **WORKOUT 5**    
7x 90 sec 45m  
 **WORKOUT 6**    
7x 80 sec 45m