**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