**SPRINT PROGRAMMA 2

TABTA STYLE**

**WORKOUT 1**
5x 10/20

**WORKOUT 2**
5x 14/20

**WORKOUT 3**
6x 12/20

**WORKOUT 4**
6x 16/20
 **WORKOUT 5**
7x 10/20

**WORKOUT 6**
7x 14/20