**SPRINT PROGRAMMA 3

EMOM – EVERY MINUT ON THE MINUT**

**WORKOUT 1**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 3 BASE HIT
MINUTES 2 2 BASE HIT
MINUTES 3 2 BASE HIT
MINUTES 4 2 BASE HIT
MINUTES 5 1 BASE HIT
MINUTES 6 1 BASE HIT
 **WORKOUT 2**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 3 BASE HIT
MINUTES 2 3 BASE HIT
MINUTES 3 2 BASE HIT
MINUTES 4 2 BASE HIT
MINUTES 5 1 BASE HIT
MINUTES 6 1 BASE HIT
 **WORKOUT 3**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 3 BASE HIT
MINUTES 2 3 BASE HIT
MINUTES 3 2 BASE HIT
MINUTES 4 2 BASE HIT
MINUTES 5 2 BASE HIT
MINUTES 6 1 BASE HIT
 **WORKOUT 4**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 3 BASE HIT
MINUTES 2 3 BASE HIT
MINUTES 3 3 BASE HIT
MINUTES 4 3 BASE HIT
MINUTES 5 1 BASE HIT
MINUTES 6 1 BASE HIT

 **WORKOUT 5**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 2 BASE HIT
MINUTES 2 2 BASE HIT
MINUTES 3 2 BASE HIT
MINUTES 4 2 BASE HIT
MINUTES 5 2 BASE HIT
MINUTES 6 2 BASE HIT
 **WORKOUT 6**
POLE TO POLE FROM 50% TO 100%
MINUTES 1 3 BASE HIT
MINUTES 2 3 BASE HIT
MINUTES 3 3 BASE HIT
MINUTES 4 3 BASE HIT
MINUTES 5 2 BASE HIT
MINUTES 6 2 BASE HIT