**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