

	Warm Up	Sprint	Recovery	Repeats	Cool Down	Total Time
Session 1&2	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 4 times	Cool down 5 minutes	14 minutes total
Session 3&4	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 5 times	Cool down 5 minutes	15 minutes total
Session 5&6	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 6 times	Cool down 5 minutes	16 minutes total
Session 7&8	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 7 times	Cool down 5 minutes	17 minutes total
Session 9&10	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 8 times	Cool down 5 minutes	18 minutes total
Session 11&12	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 9 times	Cool down 5 minutes	19 minutes total
Session 13&14	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 10 times	Cool down 5 minutes	20 minutes total
Session 15&16	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 11 times	Cool down 5 minutes	21 minutes total
Session 17&18	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 12 times	Cool down 5 minutes	22 minutes total
Session 19&20	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 13 times	Cool down 5 minutes	23 minutes total
Session 21&22	Warm up 5 Minutes	30 second sprint	30 second recovery	Repeat 14 times	Cool down 5 minutes	24 minutes total
Session 23&24	Warm up 5 minutes	30 second sprint	30 second recovery	Repeat 15 times	Cool down 5 minutes	25 minutes total