

## **Minimum Fitness 21<sup>st</sup> – 27<sup>th</sup> Feb**

More sprints

Core: Repeat core exercises from week 1 (available on egroup files)

Sprints

8x 100m      45sec break

4min break

12x25m      20sec break

4min break

1x400m

4min break

4x50m      25sec break