

“If you can go through the pain barrier you may get to be a champion. Most people lack having the guts to go into a workout and say, “I don’t care what happens!’ It aches and if I fall down... I have no fear of fainting in the gym, because I know it could happen. I threw up many times while working out. It doesn’t matter because it is all worth it!” excerpt from Wrestling Tough by Mike Chapman.

## **SPRINTS #3**

**1/2 Mile Warm-Up**

**Stretch**

**2 X 5 Second Sprints**

**2 X 10 Second Sprints**

**3 X 20 Second Sprints**

**3 X 25 Second Sprints**

**2 X 35 Second Sprints**

**2 X 45 Second Sprints**

**3 X 15 Second Sprints**

**3 X 10 Second Sprints**

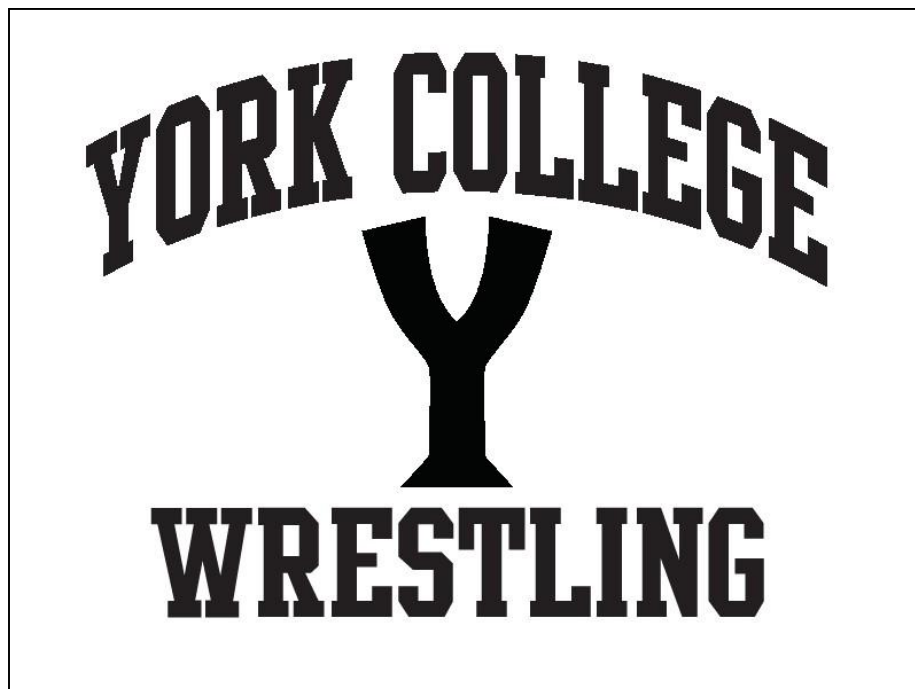
**2 X 25 Second Sprints**

**2:1 Ratio (See Below)**

**Cool Down**

**Ratio Example: Sprint for 5 seconds, walk for 10. Then sprint for another 5 seconds and walk for 10 seconds. Sprint for 10 Seconds, walk for 20 seconds, etc... Sprint for 10 seconds, walk for 20, seconds, etc...**

**Drink Plenty of water during the day and the workout. Pick a time when it is cooler, especially during the hot days. This is a continuous workout.**



***"A CHAMPIONSHIP LIFESTYLE"***