

DASH!



30-day sprinting program © darebee.com

1 10sec sprint 30sec rest repeat 5 times in total	2 ab workout	3 10sec sprint 30sec rest repeat 5 times in total	4 upperbody workout	5 10sec sprint 30sec rest repeat 6 times in total
6 ab workout	7 10sec sprint 30sec rest repeat 6 times in total	8 upperbody workout	9 10sec sprint 30sec rest repeat 7 times in total	10 ab workout
11 10sec sprint 20sec rest repeat 7 times in total	12 upperbody workout	13 10sec sprint 20sec rest repeat 8 times in total	14 ab workout	15 10sec sprint 20sec rest repeat 8 times in total
16 upperbody workout	17 10sec sprint 20sec rest repeat 9 times in total	18 ab workout	19 10sec sprint 20sec rest repeat 9 times in total	20 upperbody workout
21 10sec sprint 10sec rest repeat 10 times in total	22 ab workout	23 10sec sprint 10sec rest repeat 10 times in total	24 upperbody workout	25 10sec sprint 10sec rest repeat 11 times in total
26 ab workout	27 10sec sprint 10sec rest repeat 11 times in total	28 upperbody workout	29 10sec sprint 10sec rest repeat 12 times in total	30 ab workout