

JillFit Short & Sweat Track Sprints

Complete a full warm-up - 10-15 minutes

[Dynamic stretches as shown here - https://youtu.be/gx2XIQCxf70](https://youtu.be/gx2XIQCxf70)

Then, perform:

200m x 2 Rest 200m walk between each

150m x 3 Rest 100m walk between each

100m x 4 Rest 100m walk between each

50m x 5 Rest 50m walk between each

Cool-down and stretch