

## 20 Min Sprint Workout #1: Hill Sprints

*Find a stretch of hill that takes about 20s to sprint (approx 15-20% incline, just eyeball it)*

Complete a 5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles

**Sprint up hill as fast a possible, then turn & walk back down as slow as you need to in order to muster the same intensity again (usually 2-4 min ea rest). Complete 8 hill spints total.**

Cool-down by walking for ~2-5 min, and perform static stretches