**Hartlepool Athletics Club**

**‘Stay Fit Campaign’**

**Weekend Challenge**

**Week 10**

**30x 12s Sprints (120s rest between sprints)**

**This weekends challenge is to complete 30 sprints between Friday and Sunday!**

**Each sprint must be 12s maximum effort so make sure you find an area with enough space!**

**Take 120s rest between each sprint!**

**Enjoy!**

**Send your efforts into John via WhatsApp or Email hartlepoolathletics@gmail.com**