
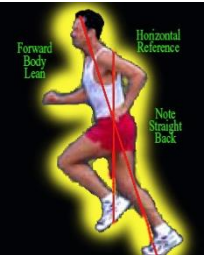





Activity Plan for Running & Sprinting Technique


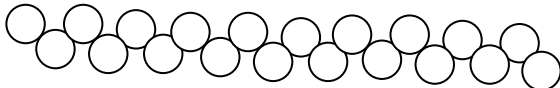
Week 1			
Activity	How many or how long	How many days	Instructions
Running sprint 	10 times/day	3 days/wk	Run as fast as you can for 30 seconds. Rest for 30 seconds and then do the next run. While you are running, try to keep your hands open (not in a fist) and your elbows bent.
Superman sprint 	10 times/day	3 days/wk	Run as fast as you can for 20 seconds. Rest for 30 seconds and then do the next run. Keep your hands open, elbows bent at 90 degrees while swinging them parallel the body like an Olympic sprinter (don't let arms cross over torso).

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Week 2			
Activity	How many or how long	How many days	Instructions
Running sprint 	10 times/day	3 days/wk	Run as fast as you can for 45 seconds. Rest for 30 seconds and then do the next run.
Run and Jog 	10 times/day	3 days/wk	Run as fast as you can for 30 seconds. Instead of resting for 20 seconds, jog during that time at your own pace for a minute and then run as fast as you can again. Repeat as many times as you can.

Week 3			
Activity	How many or how long	How many days	Instructions
Running sprint 	10 times/day	3 days/wk	Run as fast as you can for 45 seconds. Rest for 15 seconds and then do the next run

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Week 4			
Activity	How many or how long	How many days	Instructions
Running sprint 	10 times/day	3 days/wk	Run as fast as you can for 45 seconds. Instead of resting for 20 seconds before doing the next run, try jogging slowly.
Tire running	5 times/day	3 days/wk	<p>Athletes practice running through tires to make sure that they are quick and balanced when they run. You won't have real tires, but you can draw circles on the ground instead. Just imagine that they are tires, which means that you have to lift your feet up high (this is where we use the marching you practiced) to go from one circle to the next. Draw 20 circles on the ground. Each circle should be about 0.5 m in diameter. The pattern of the circles is shown below.</p> <p>Start  End</p>