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3*20m @ 80% building - Take off with maximum force, stay leant forward for the first few strides and stike with the ball of the foot.

3*15m ALL OUT each side - Take off with maximum force, stay leant forward for the first few strides and stike with the ball of the foot. Push up from a leant position and always move forward.

(Cones 5m apart) 3*6 runs in total - shuffle with fast feet, reach over and touch the ground with opposite hand.

Remember to stike with mid-foot and DRIVE from bottom > up

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.