



1. B-skip 01418



3*20m - Skip forward & bring the heel over the opposite knee & flex the foot. The ball of the foot should land on the ground first & directly beneath the hips. Drive the foot down into the ground then flex the hip straight up.

2. A-skip 01283



3*20m - Skip forward & bring the heel over the opposite knee & flex the foot. The ball of the foot should land on the ground first & directly beneath the hips. Drive the foot down into the ground then flex the hip straight up.

3. Push up acceleration 00256



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.

4. Kneeling acceleration 00454



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.

5. Shuffle rotation 01424



(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