



BEGINNERS INTERVAL DASH

THE DRILLS

Start by following the DASH Drills Guide on our Channel:

- Walking High Knees
- Ankle Drives
- A Skips
- Flicks

Make sure you do each drill twice over approximately 15metres

THE SESSION

Building your overall fitness. Great for the lungs and pace judgement.

We are going for a **12min Fartlek Run**. (Depending on your fitness you can increase the time up to 20minutes or you can decrease this to 8mins). This session is great for anybody in any discipline wanting to improve their overall fitness.

We are RUNNING/SPRINTING for approximately 80metres, jogging for 100metres.

Your 'RUN' and 'JOG' pace should be different. You can jog as slowly as you like, but each run should be even paced, controlled, comfortable & much quicker than your jog.

Your Goal is to complete the time.

TIPS:

- Keep your centre of gravity in front of you, so a slight lean forward so you engage your glutes
- Try to keep the speed consistent for each of your 80metre runs - try to feel this intuitively rather than measuring the speed
- The hardest part of this is the jog, so remember to control your breathing, think about your belly rising and falling on your jog to calm your breath

FINAL CONDITIONING

Finish with Ballerina walks & Heel Walks - you can find these videos on our Channel.