

DASH-MONTHLY

THE DRILLS

Start by following the DASH Drills Guide on our Channel:

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

Make sure you do each drill twice over approximately 15 - 20metres

THE SESSION

Mark out approximately 80 - 100m at a nearby park, road or if you have access to a track even better...

We are going for 10 runs in total.

You are going to run to a rhythm of a 'good' pace & 'fast' pace.

Good Pace means it's comfortable enough for you to hold a conversation and run.

Fast Pace is not top speed but if we asked you for one more gear you would have it.

Start by running a **Good Pace**, walk back, then run a **Fast Pace & jog back** to start your Good Pace again. Alternate this pattern until you have completed 10runs in total.

-

Take a 4 min break

-

We are going for a **60 second speed run**. Set your watch on a timer so it beeps after 60seconds. And set off fast for 10m & try to hold the pace for 60 seconds. Do not run as fast as you can, around 80% of your maximum capability.

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 runs - try to feel this intuitively rather than measuring the speed

- On each 'FAST' run make sure you start the first 10m nice and quick, keep low and push the ground underneath you

FINAL CONDITIONING

Finish with 4 x lunges over 10metres, 20metres, 10metres, 20metres

Light Cool Down Jog.