

DASH-MONTHLY

THE DRILLS

Start by following the Stretch Sequence and 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

6 x 60m

Mark out approximately 60m at a nearby park, or track
45seconds rest in between each run.

The goal is to make each run fast and relaxed.

Try to keep the same pace between each run. If you have a stopwatch, approximately time each run.

Take approximately 8 - 10 mins rest.

Next - you're going to do 2 x **35 second runs**. Start from a single point & see how far you can get in 35 seconds.

Take 5 mins rest

Repeat the 35second run, see if you have reached further.

TIPS

- Keep your centre of gravity in front of you, so a slight lean forward so you engage your glutes
- In order to keep the runs fast and consistent, make sure you start the first 10metres quick. Keep low and **push** the ground underneath you.
- Breathing: to control the breath after each run, think about breathing from your stomach. Inhale through your nose and exhale through your mouth - remember you are in control of the breath.

FINAL CONDITIONING

Finish with 4 x high knees over 20metres

Ballerina Walks (featured on our website and YouTube channel)

Heel Walks (featured on our website and YouTube channel)

Light Cool Down Jog.