

Tuesday Challenge

Session 15

This session is in preparation for a return to training. I would like you to put together a warm up routine, concentrating on posture, speed and efficiency of each drill.

Some of the drills we use:

Side steps (both sides)	Lunges
Grapevine (both sides)	Sumo
Heel flicks	Strides (there and back)
High knees	Fast knees
Heel / toe flexes	High skips

Keep your surface flat and even and give yourself plenty of space.

After your warm up you could incorporate a 2km run or short burst sprints followed by a good cool down routine.

Have fun and stay safe, Jo