

TECHNIQUE WORKOUTS

There are two workouts for you to pick from below, one with a focus on leg movement and one with a focus on arm movement.

You should go at a pace you feel comfortable with for focusing on your technique (not an all-out sprint!).

You will need a watch for this workout.

The workout

- Warm up
- 4x 400m with a different focus each time, as specified below (1.5 minutes rest between each)

Legs focus

Number	Focus
1	Helium balloon analogy on straight sides of track
2	Helium balloon analogy on curved sides of track
3	Bucket of water analogy on straight sides of track
4	Bucket of water analogy on curved sides of track

Arms focus

Number	Focus
1	Arms not crossing body on straight sides of track
2	Arms not crossing body on curved sides of track
3	Relaxed shoulders on straight sides of track
4	Relaxed shoulders on curved sides of track

- 4x 200m focusing on both aspects at a time (1 minute rest between each)

Legs focus: focus on the helium balloon and the bucket of water analogy at the same time

Arms focus: focus on your arms not crossing your body and keeping your shoulders relaxed at the same time

- Cool down