

SPRINTING

When sprinting: -

- Keep your head level and still; look to the front
- Hold your trunk and shoulders square to the front
- Keep your body straight
- Hold your hips under your body
- Move your arms, legs and feet in a straight path
- Swing your arms from the shoulder and keep your elbows bent at about 90 degrees
- Lift your knees up
- Lift your heel up high as you bring your knee to the front
- Land on the front part of your foot
- Use light, quick movements
- Use a smooth, flowing action

