

Week 2 Challenges

At next week's practice, we will focus on the **400-meter** and **4x100 Relay Races**. To prepare yourself for these events, try these challenges every day.



Water Bottle Handoff

- ◆ For this exercise you will need an empty plastic water bottle.
- ◆ Stand about an arm's reach away from a wall facing away from the wall.
- ◆ Reach back to the wall holding the water bottle with your arm straight and palm up.
- ◆ Try to bounce the bottle off the wall and catch it with your open hand without dropping it.
- ◆ Be sure to keep your hand wide open or the bottle will fall!
- ◆ Once you get the feel for the exercise, try it while running in place.
- ◆ Repeat 10 times without dropping it, then try it with the other hand.
- ◆ Keep track of your progress!

Triple Extension Plank

- ◆ Start about 3-4 feet away from a wall, facing the wall.
- ◆ Stand on your right leg and lean forward keeping your heel on the ground. Place your left hand on the wall.
- ◆ Raise your left knee.
- ◆ Put your right arm behind your back.
- ◆ Make a straight line with your ankle, knee, hip, trunk and head.
- ◆ Keep your stomach tight and try to hold this position for 20 seconds.
- ◆ Switch to the left leg, with your right hand on the wall.

