

# Week 1 Challenges

At next week's practice, we will focus on **Sprints** and **Hurdles**. To prepare yourself for these events, try these challenges every day.

## Single Leg Knee-Up Stand

- ◆ Stand up straight.
- ◆ Pull your knee up so your thigh is parallel to the ground.
- ◆ Your hip, knee and ankle should all be at a 90 degree angle. Imagine that you are balancing a bucket full of water on your head, another one on your leg, and holding up a bucket of water on your foot.
- ◆ Keep your stomach tight.
- ◆ Try to hold this for 20 seconds, then switch legs.

NOTE: This will be hard on the first day, but if you do it every day it will get much easier.

**Keep track of how long you are able to hold the pose and see how your time improves through the week.**



## Hip Openers

- ◆ Start in the same position as the first drill - one knee up with hip, knee and ankle all at a 90 degree angle.
- ◆ Bring your knee out to the side, down behind you, then back up in front without touching the ground.
- ◆ Repeat 10 times without touching the ground.
- ◆ Now reverse directions - bring your knee down, then up and out to the side and back to the front.
- ◆ Repeat 10 times.
- ◆ Switch legs and repeat

Go to our website to see a video of this exercise.

NOTE: You probably won't be able to do this 10 times in a row backwards and forwards without touching the ground on the first day, but keep trying!

**Track your progress to see how much you improve throughout the week.**