

| | |
|---|---|
| TEXT C provides information about how to improve your sprinting skills. | |
| In ONE paragraph of between 70 - 80 words, write a summary on steps to get faster at sprinting. | |
| Note: | |
| 1. | You are NOT required to give a title for the summary. |
| 2. | You must write a fluent paragraph. |
| 3. | Use your own words as far as possible. |
| 4. | Indicate your word count at the end of your summary. You will be penalised for exceeding the maximum number of words or failing to indicate the number of words used. |

| STEPS TO GET FASTER AT SPRINTING | |
|---|---|
| 1 | You want to get faster? Who doesn't? Well, one of the main factors is form. Sprinting isn't exactly just a speed-up version of your regular form during an easy run or jog. The movement patterns of running and sprinting are different, sprinting is more explosive, to be precise. To supercharge your sprints, you will need to get the basics down first. |
| 2 | The harder you run, the more vital it is to warm up your muscles. Walk and easy run for five to 10 minutes, and include dynamic exercises or drills like high knees, or simply try this 5-minute warm-up routine. |
| 3 | Keep your torso upright, shoulders relaxed and away from your ears, and engage your core. You should also try to incorporate core-strengthening moves – think side planks with reach, legs down with scissors, and mountain climbers – into your workouts to help give you the power to push forward. |
| 4 | Land on your forefoot, and focus on pushing off from your toes to propel yourself forward and keeping your feet flexed upward toward your shins. Running softer and landing quieter might help reduce injury. Hold your arms in a bent position at 90 degrees, and drive your elbows backward to create momentum. Think like a cyclist and move your feet in a circular motion, raising your thighs up until they are parallel to the ground. |
| 5 | Long strides are energy wasters –focus on speed rather than distance as you sprint. You'll run faster and more efficiently by taking short, quick strides. Relax and sync your breathing to the rhythm of your feet. You'll reduce wasted energy from muscle tension. Follow these tips to improve your breathing while you run to help prevent possible injuries. |

[Adjusted from: <https://www.runnersworld.co.za/>]

TOTAL SECTION B: 10

| | |
|------------|-----------|
| Quotes ... | Own words |
|------------|-----------|

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