

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

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Geography Grade 10 Caps Exam Papers

Camilla Rothe



Geography Grade 10 Caps Exam Papers:

The book delves into Geography Grade 10 Caps Exam Papers. Geography Grade 10 Caps Exam Papers is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Geography Grade 10 Caps Exam Papers, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Geography Grade 10 Caps Exam Papers
 - Chapter 2: Essential Elements of Geography Grade 10 Caps Exam Papers
 - Chapter 3: Geography Grade 10 Caps Exam Papers in Everyday Life
 - Chapter 4: Geography Grade 10 Caps Exam Papers in Specific Contexts
 - Chapter 5: Conclusion
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6. In chapter 5, this book will draw a conclusion about Geography Grade 10 Caps Exam Papers. This chapter will summarize the key points that have been discussed throughout the book.

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Table of Contents Geography Grade 10 Caps Exam Papers

1. Understanding the eBook Geography Grade 10 Caps Exam Papers
 - The Rise of Digital Reading Geography Grade 10 Caps Exam Papers
 - Advantages of eBooks Over Traditional Books
2. Identifying Geography Grade 10 Caps Exam Papers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Geography Grade 10 Caps Exam Papers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Geography Grade 10 Caps Exam Papers
 - Personalized Recommendations
 - Geography Grade 10 Caps Exam Papers User Reviews and Ratings
 - Geography Grade 10 Caps Exam Papers and Bestseller Lists
5. Accessing Geography Grade 10 Caps Exam Papers Free and Paid eBooks
 - Geography Grade 10 Caps Exam Papers Public Domain eBooks
 - Geography Grade 10 Caps Exam Papers eBook Subscription Services
 - Geography Grade 10 Caps Exam Papers Budget-Friendly Options
6. Navigating Geography Grade 10 Caps Exam Papers eBook Formats
 - ePub, PDF, MOBI, and More
 - Geography Grade 10 Caps Exam Papers Compatibility with Devices
 - Geography Grade 10 Caps Exam Papers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Geography Grade 10 Caps Exam Papers
 - Highlighting and Note-Taking Geography Grade 10 Caps Exam Papers
 - Interactive Elements Geography Grade 10 Caps Exam Papers

8. Staying Engaged with Geography Grade 10 Caps Exam Papers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Geography Grade 10 Caps Exam Papers
9. Balancing eBooks and Physical Books Geography Grade 10 Caps Exam Papers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Geography Grade 10 Caps Exam Papers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Geography Grade 10 Caps Exam Papers
 - Setting Reading Goals Geography Grade 10 Caps Exam Papers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Geography Grade 10 Caps Exam Papers
 - Fact-Checking eBook Content of Geography Grade 10 Caps Exam Papers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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