

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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Grade 10 Past Exam Papers Geography Namibia

Victor M. Corman



Grade 10 Past Exam Papers Geography Namibia:

The book delves into Grade 10 Past Exam Papers Geography Namibia. Grade 10 Past Exam Papers Geography Namibia is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Grade 10 Past Exam Papers Geography Namibia, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Grade 10 Past Exam Papers Geography Namibia
 - Chapter 2: Essential Elements of Grade 10 Past Exam Papers Geography Namibia
 - Chapter 3: Grade 10 Past Exam Papers Geography Namibia in Everyday Life
 - Chapter 4: Grade 10 Past Exam Papers Geography Namibia in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Grade 10 Past Exam Papers Geography Namibia. This chapter will explore what Grade 10 Past Exam Papers Geography Namibia is, why Grade 10 Past Exam Papers Geography Namibia is vital, and how to effectively learn about Grade 10 Past Exam Papers Geography Namibia.
 3. In chapter 2, the author will delve into the foundational concepts of Grade 10 Past Exam Papers Geography Namibia. This chapter will elucidate the essential principles that must be understood to grasp Grade 10 Past Exam Papers Geography Namibia in its entirety.
 4. In chapter 3, this book will examine the practical applications of Grade 10 Past Exam Papers Geography Namibia in daily life. The third chapter will showcase real-world examples of how Grade 10 Past Exam Papers Geography Namibia can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Grade 10 Past Exam Papers Geography Namibia in specific contexts. This chapter will explore how Grade 10 Past Exam Papers Geography Namibia is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Grade 10 Past Exam Papers Geography Namibia. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Grade 10 Past Exam Papers Geography Namibia.

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