

## Doing that little bit extra



All you need is a pair of dumbbells, e.g. 2-4 kg.

### A-Skip (or B-Skip) + Rapid Arm Swings (not just Curls)

Running 200 metres may involve 120-140 strides .. throughout the run there is an organised and systematic arm action. The more **relaxed** you can be in the arm action response (i.e. the easier you find the movements), the more focus you can apply to your stride (i.e. the response of your legs). Preparation for the task of running faster for longer involves many things .. most of these things are assisted by you undertaking specific activities that can improve your delivery of the tasks involved in fast running.

**So:** arms at approx. 90° .. A-Skip or B-Skip in place .. Upright (stay “Tall”), swing arms **high**, thumb up .. push the elbow back on recovery (hand to hip) .. count on one arm/leg .. 20-40 (you will improve as you practice) .. 3-4 repeats, separated by 6-8 Cross Body Lifts (i.e. 6L + 6R)

I suggest you undertake the series every weekday .. not the day before competition ..

can be informal



### NWA: Hamstrings .. another idea

Exercise the muscle in a postural position that most closely approximates your sports movement.

If you are a runner / footballer / netballer, for example, strengthen the muscle with movements in postural positions and through ranges of motion similar to the demands of the sport.

Light weights .. rel. high repetitions ..  
e.g. light ankle weights / iron shoe (2-5kg.) .. 10-15 slowly executed curling movements; 2-3 sets / 2-3 days/week.

**Progress patiently.**

Remember: because we seldom undertake such specific strengthening movements, a little can achieve a lot.

Finish feeling you could do more .. train, don't strain.

**Hamstrings:** main function is flexion of the leg at the knee joint.

Often neglected ... very important to balance the strength potential of muscle groups. Specific tasks to strengthen and gradually (months) improve explosive execution should be built into training programs in many sports, especially those involving sudden, explosive, and unexpected movements and/or changes of direction.

www.nwaswimaths.com ..

**Check out:** Push-Up—Sit-Up Progressions & Superball  
(PROGRAMS .. General Programs)

also: A-Skip resistance (ankle weight—release)  
Swiss Ball Exercises (PRESENTATIONS)

There are heaps of ideas presented .. seek out what you need