



INSTRUCTIONS & CUES

- Have participants stand side by side along a line. Explain that you will give the commands “On your marks, get set, go!” and they should follow these directions:

On your marks

- Place the power-leg's foot directly behind the starting line.
- Place the back foot about one and a half feet behind it.
- Stand erect and still.

Get Set

- Bend slightly at the knees.
- Lower the head and shoulders to slightly above hip level.
- Keep about two thirds of body weight on the front leg and one third on the back leg.
- Move the arm that's opposite the front leg forward in a bent position, ready to drive backward, and place the other arm slightly back for balance with the elbow bent.
- Hold the position.

Go

- Step forward with the back foot.
- Push off the front foot while thrusting the opposite arm backward.
- Drive forward vigorously with the arms and legs.
- Over the next 10 feet of running, gradually rise to an upright position. Standing up too soon will slow you down.