

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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Past Exam Papers Grade 10 Geography

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Past Exam Papers Grade 10 Geography:

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

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Past Exam Papers Grade 10 Geography
 - Chapter 2: Essential Elements of Past Exam Papers Grade 10 Geography
 - Chapter 3: Past Exam Papers Grade 10 Geography in Everyday Life
 - Chapter 4: Past Exam Papers Grade 10 Geography in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Past Exam Papers Grade 10 Geography. This chapter will explore what Past Exam Papers Grade 10 Geography is, why Past Exam Papers Grade 10 Geography is vital, and how to effectively learn about Past Exam Papers Grade 10 Geography.
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4. In chapter 3, this book will examine the practical applications of Past Exam Papers Grade 10 Geography in daily life. This chapter will showcase real-world examples of how Past Exam Papers Grade 10 Geography can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Past Exam Papers Grade 10 Geography in specific contexts. The fourth chapter will explore how Past Exam Papers Grade 10 Geography is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Past Exam Papers Grade 10 Geography. 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 Past Exam Papers Grade 10 Geography.

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