

## DEATH BY 10 METERS

### Warm-Up:

Begin with a brief warm-up to get your muscles ready. Perform dynamic stretches and a light jog or brisk walk for about 5-10 minutes.

### Main Workout:

#### 1. Find 10 Meters of Open Space

- Mark the start and end points of the 10-meter distance.
- Ensure you have adequate space without obstacles to perform the sprints.

#### 2. Start the Stopwatch

- In the first minute, sprint and complete one 10-meter length.
- Rest for the remainder of that minute.

#### 3. Progression

- In each subsequent minute, increase the number of 10-meter lengths you complete.
- Sprint the designated number of lengths for each minute and rest for the remaining time within that minute.

#### 4. Maintain Pace and Consistency

- Walk the 10-meter distances for the initial few minutes, gradually increasing your pace as the workout progresses.
- Avoid going all-out from the beginning to prevent fatigue and sustain your efforts throughout the drill.

#### 5. Challenge Yourself

- Push through mental and physical fatigue as the workout intensifies.
- Shorten your rest periods as needed to keep up with the increasing number of 10-meter lengths.

### Cooldown:

After completing the workout, take a few minutes to walk or perform light stretching to cool down your muscles.

### Schedule:

This sprinting drill can be performed once a week or integrated into your training routine. Ensure proper rest between sessions to allow for recovery.

### Important Note:

- Focus on maintaining proper form and technique while sprinting to prevent injury.
- Listen to your body; if you experience pain or excessive fatigue, consider stopping or reducing the intensity.
- Use a stopwatch or timer to accurately track your progress and ensure consistent performance across sessions.

This workout regimen challenges both physical and mental endurance. Gradually increasing the number of 10-meter lengths completed within each minute will reflect improvements in your fitness level and stamina over time.