

“T” Time Trial Challenge

Set out T shape 4 metres x 4 meters

- Place markers on floor, see photo.
 - Run forward from start position to marker 2
 - Side step, left foot lead to marker 3
 - Side step, right foot lead to marker 4
 - Side step, left foot lead to marker 2
 - Run backwards to marker 1
- **Challenge:** how many times can you repeat this in 30 seconds

Equipment

Markers, these can be anything ; cones, water bottles , paper etc

Extra Challenges :

- Increase time of Challenge
- After each line of travel participant must touch the marker with their lead hand.

