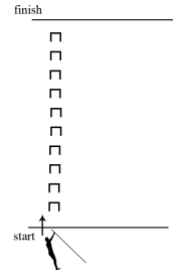


## *Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities*

### **Pole Run Agility Race**

**Objective:** To carry the pole and practice speed and rhythm in the approach

**Description:** Find something to use, such as a broom handle or a pool noodle to simulate a pole. Carry the pole practicing speed and rhythm in their approach. Set up a mini-hurdle agility course of 10 mini-hurdles (you may use small objects for this) about three meters apart from each other over a 40-meter distance. Start standing up (like one would in the pole vault), carry the pole, and race over the 10 mini-hurdles. When you become comfortable over the hurdles, you can increase the speed of the run. Eventually, you will sprint the course for time. This activity will increase your confidence to carry the pole.



**Variations:** (1) Sprint a designated number of times trying to beat the previous best time. (2) Increase the number of mini hurdles with the hurdles closer together. (3) Increase the distance of the run. (4) Sprint over the hurdles without carrying a pole. (5) Time the difference between running with a pole and without a pole.

**Equipment:** Broomstick, pool noodle or something that simulates pole, mini hurdles or cones or small obstacles, stopwatch

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