

PUULLLLLLL!!!

NAME:



In what time can you normally run 20m?

_____ seconds

In the Arctic Simulation, what was your time running 20m?

_____ seconds

What PHYSICAL ADJUSTMENTS did you have to make to your running style when running with the weights and jumpers?

What parts of the body are MOST being impacted?

What further hinderances do you think Chris & Clarke might have when doing this on Victoria Island?

What kinds of conditioning do you think Chris & Clarke may have done in order to prepare themselves for this kind of work on Victoria Island?
