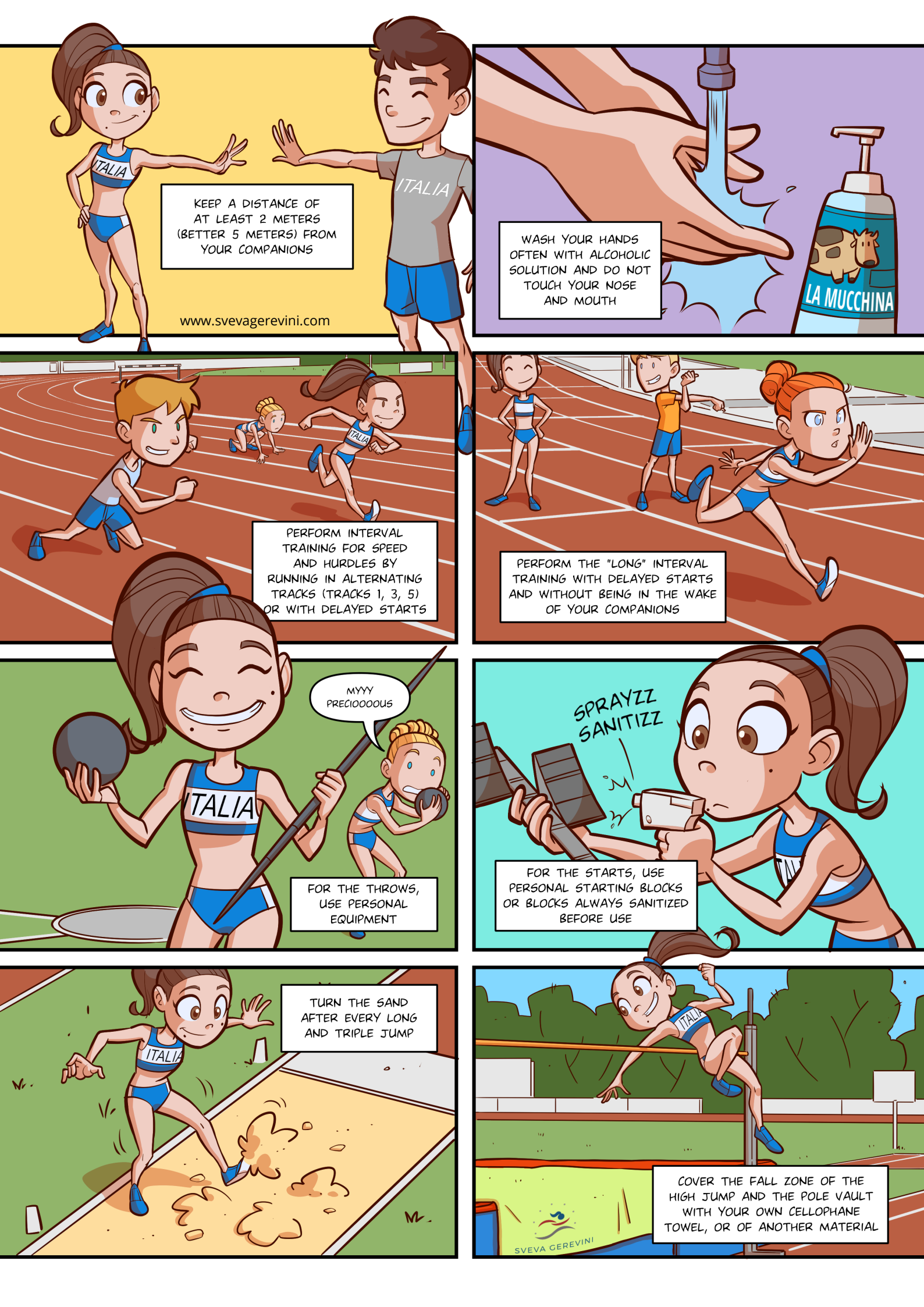
KEEP A DISTANCE OF AT LEAST 2 METERS (BETTER 5 METERS) FROM YOUR COMPANIONS
www.svevagerevini.com
WASH YOUR HANDS OFTEN WITH ALCOHOLIC SOLUTION AND DO NOT TOUCH YOUR NOSE AND MOUTH
LA MUCCHINA
PERFORM INTERVAL TRAINING FOR SPEED AND HURDLES BY RUNNING IN ALTERNATING TRACKS (TRACKS 1, 3, 5) OR WITH DELAYED STARTS
PERFORM THE "LONG" INTERVAL TRAINING WITH DELAYED STARTS AND WITHOUT BEING IN THE WAKE OF YOUR COMPANIONS
MYYY PRECIOOOOUS
FOR THE THROWS, USE PERSONAL EQUIPMENT
SPRAYZZ SANITIZZ
FOR THE STARTS, USE PERSONAL STARTING BLOCKS OR BLOCKS ALWAYS SANITIZED BEFORE USE
TURN THE SAND AFTER EVERY LONG AND TRIPLE JUMP
COVER THE FALL ZONE OF THE HIGH JUMP AND THE POLE VAULT WITH YOUR OWN CELLOPHANE TOWEL, OR OF ANOTHER MATERIAL
SVEVA GEREVINI