

A male athlete is captured in a full sprint on a red running track. He is wearing a black tank top, black shorts, white running shoes with black accents, and black sunglasses. His arms are pumping, and his legs are in mid-stride. The background shows a green field, a tan building, and palm trees under a clear blue sky.

200m Dash Program
Pre-Season Phase 2 of 2
(8 Weeks)

How To Train For 200m Dash

Jianjun Gao

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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