

A male athlete is captured in a full running stride on a red track. He is wearing a black tank top, black shorts, white socks, and white sneakers with black accents. He also wears dark sunglasses. The background shows a green field, a tan building, and palm trees under a clear blue sky. A semi-transparent dark grey box is overlaid on the center of the image, containing white text.

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

How To Train For 200m Dash

Annelies Wilder-Smith



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