

So if you're looking to get your 2 mile time down, a lot of people think that if you just keep running and running of course you're gonna get better at running but, if you want to get faster, you need to exercise the muscles in a sprint manner. So doing the 4x4 - 100 meter sprints and four - 200 meter sprints this will allow your hamstrings and your glutes to get that power, that speed muscle to get better, and get your run time lower. What I want you to that this workout should not take you all day. It's a very quick workout but, a very effective workout. Well, what this is going to do is train you not for your endurance but more for your speed.

All right guys that concludes our sprint workout for today the four-by-four 200 meters / 100 meters. If you liked the video, if it helped you out, please subscribe below. Also share with your friends. Even more is if you have anything to share that can help someone out lower their sprint time. Please share it and we will put it up on the website and on the YouTube channel