

KID FLASH WORKOUT ROUTINE



Bonus PDF File
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KID FLASH WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

I've been wanting to share a "Couch To 10K" workout for quite some time, but haven't had the specific characters to be able to do it. I think Kid Flash is that character. I'm going to be giving you other sections devoted to explosiveness and speed, mixed martial arts, parkour, and bodyweight training – but the majority of this program will focus around your new running schedule. This one is shared from *MyRunningTips*, but the rest of the routine is straight SHJ.

Kid Flash Workout: Couch to 10K

Week 1

Day 1 – Run 1 min, Walk 2 min, x8

Day 2 – Run 1 min, Walk 2 min, x6

Day 3 – Run 1 min, Walk 2 min, x10

Week 7

Day 1 – Run 9 min, Walk 3 min, x3

Day 2 – Run 8 min, Walk 2 min, x3

Day 3 – Run 10 min, Walk 3 min, x3

Week 2

Day 1 – Run 2 min, Walk 2 min, x7

Day 2 – Run 2 min, Walk 2 min, x6

Day 3 – Run 2 min, Walk 2 min, x8

Week 8

Day 1 – Run 15 min, Walk 5 min, x2

Day 2 – R 15min, Wk 5min, R 10 min

Day 3 – R 20min, Wk 5 min, R 15 min

Week 3

Day 1 – Run 3 min, Walk 2 min, x6

Day 2 – Run 3 min, Walk 2 min, x5

Day 3 – Run 3 min, Walk 2 min, x7

Week 4

Day 1 – Run 5 min, Walk 3 min, x4

Day 2 – Run 5 min, Walk 2 min, x3

Day 3 – Run 5 min, Walk 3 min, x5

Week 9 – Easy

Day 1 – R 10min, Wk 3min, Run 16min

Day 2 – R 15 min, Wk 5 min, R 10 min

Day 3 – Run 15 min, Walk 5 min, x2

Week 10

Day 1 – R 20min, Wk 2min, R 20min

Day 2 – Run 25min

Day 3 – Run 40min

Week 5 – Easy

Day 1 – Run 3 min, Walk 2 min, x6

Day 2 – Run 3 min, Walk 2 min, x5

Day 3 – Run 5 min, Walk 3 min, x4

Week 6

Day 1 – Run 8 min, Walk 3 min, x3

Day 2 – Run 7 min, Walk 2 min, x3

Day 3 – Run 8 min, Walk 3 min, x3

Week 11

Day 1 – Run 45min

Day 2 – Run 25min

Day 3 – Run 50min

Week 12

Day 1 – Run 40min

Day 2 – Run 30min

Event Day – **Run 10K**

Kid Flash Workout: Explosiveness and Speed

I'm going to be giving you four different workouts to implement into your other training that will make you faster and more explosive; something you'll definitely need if you're going to try to be like Kid Flash. This one is shared by *Men's Journal*.

- **Hill Sprints**
 - **Beginner:** Complete 3-5 reps. "Remember, this is pure explosiveness, so it should be difficult," Bradshaw says. You can always increase the time for fewer reps, too. Completely recover between reps. Take about 3-5 minutes in between.
 - **Advanced:** Complete 5-6 reps, taking 3-5 minutes rest in between each rep
- **Interval Runs**
 - **Beginner:**
 - run **50 meters**
 - walk/jog 50 meters
 - run **100 meters**
 - walk/jog 50 meters
 - run **150 meters**
 - walk/jog 50 meters
 - run **200 meters**
 - walk/jog 50 meters
 - run **250 meters**
 - walk/jog 50 meters
 - **Advanced:** Complete the same workout above, only go "up and down" the ladder. Once you run 250 meters, work your way back down (200m, 150m, 100m, 50m).
- **Fartleks (Swedish for "speed play") – 15 minute workout:**
 - **Beginner:**
 - – **1-minute run**
 - – 1-min walk/jog
 - – **2-minute run**
 - – 2-minute walk/jog
 - – **3-minute run**
 - – 2-minute walk/jog
 - – **4-minute run**
 - – 3-minute walk/jog
 - – **5-minute run**
 - – 3-minute walk/jog
 - **Advanced:** Follow the same workout pattern above—1 minute, 2 minutes, 3 minutes, 4 minutes, and 5 minutes—only with a 2-minute jog for active recovery between each. Once you've reached 5 minutes and completed the 2-minute recovery, go

back down the ladder and complete 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute.

- **Sprints – Short and Long**

- **How to do a long-sprint workout:** For long sprints that'll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 6-8 sprints of 100 meters at 75%-80% effort. ("This means you can utter a few words, but can't maintain a conversation," Bradshaw says.) Recover for 50-60 seconds between reps.
 - **Advanced:** Complete 8-10 sprints of 100 meters at 80-85% effort. At this intensity, you're pushing very hard, but not going as fast/hard as you can. Recover for 45 seconds in between reps.
- **How to do a long-sprint workout:** For long sprints that'll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 3 sprints of 300 meters at 75% effort. Recover for 3 minutes between sprints.
 - **Advanced:** Do two sets, each 3 sprints of 300 meters at 75% effort. Recover for 2-3 minutes between sprints, and 5 minutes between sets.

Kid Flash Workout: Mixed Martial Arts and Bodyweight

In our parkour workout that [Academy](#) member Felix helped me build – [The Nightrunner Workout](#)– which you can utilize to up your parkour and freerunning game – we also implement bodyweight training. That is the schedule I will share below, followed up by some mixed martial arts programs from Coach Derek.

Bodyweight/Calisthenics Workout

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

These can be broken down into any number of sets/ reps that are needed to complete the overall count.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.