

# 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

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**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

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**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

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**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.