

**TRACK AND FIELD****SPRINTER MONICA HARGROVE, 31, ON HOW HARD-CORE GYM TRAINING GIVES HER A LEG UP ON THE TRACK.**

"Strong legs and abs are key for sprinters, so I focus on lower body and core in the weight room. I do Olympic lifts—power cleans, smashes, squats, lunges—and hanging abs, medicine ball, twists and side crunches with weights for my core. I try to get up to 1,000 ab reps three times a week. I don't always get there, but that's the goal. I've also gotten into healthy eating. I bought a juicer, and I try to fill my plate with vegetables and good protein. But I have a sweet tooth, so after races I usually treat myself to ice cream."

Hargrove, who won gold in the 4x400-meter relay at the world indoor championships in March, will run the 400 at the U.S. outdoor championships June 26-29 in Sacramento, Calif.

