

# [Updated] Brianna Rollins Daily Routine in Athletics 2024

written by Naveen Arora | February 8, 2024

Olympic hurdler is one of the fastest and most effortless sports personalities. She is full of energy and enthusiasm, she is the fourth-fastest in history, with a time of 12.24 seconds for the 100-meter hurdles. She says it was all because of her constant efforts and her confidence, she has set an example to many girls across the country. To know more about her, let's take a look at her daily routine and some interesting facts about her.

## Who is Brianna Rollins?

- Brianna Rollins is an American track and field athlete.
- She specializes in the 100 meters hurdles.
- She is the former Olympic champion for the women's 100 meters hurdles.
- She has been serving a 5-year ban from world athletics.
- She turned professional following the 2013 NCAA outdoor championships.
- She married Bryce McNeal in a ceremony in San Diego.



*briana rollins workout routine*

# Daily Routine

## Mornings of Rollins

- **She starts her day at 7 am**

She wakes up in the morning and reads her bible for half an hour. And she would cook her own breakfast, her breakfast would usually include eggs, turkey bacon, and a cup of oatmeal.

- **Practice**

Her training session would include sprints, drills and some acceleration exercise. She also runs for 50 meters and then walk for 50 meters.

## Afternoons of Rollins

- **Lunch**

Her lunch is usually lots of protein, she would eat a smoothie of any flavor like strawberry, banana with kale or spinach. She would also eat brown rice, chicken and cheese.

- **Warm up exercise**

Her warm up exercise would include squats, box jumps, hamstring curls and some rows.

## Evenings of Rollins

- **Leisure**

She would get home around 4.30 in the evening, she would watch tv and has a face-time with her siblings. she would cook dinner and go to bed by 11 pm.



*briana rollins husband*

## Personal Facts

- **Born:** August 18<sup>th</sup>, 1991, U.S.
- **Age:** 30 years.
- **Nationality:** American.
- **Spouse:** Bryce McNeal.
- **Height:** 165 cm.
- **Sport:** Athletics.
- **Event:** 100 meters hurdles.

# Competition Record

- NACAC U23 championships- 2012.
- World championships- 2013.
- World championships- 2015.
- World indoor championships- 2016.
- Olympic games- 2019.
- World championships- 2019.



*briana rollins 100m hurdles*

Brianna Rollin's Facts to Inspire you  
Towards Success

- We simply must do better.
- Without trust, no company can ever hope for excellence.
- I'm out of vogue, I'm out of touch, I fell to fast.
- One cannot be humble and aware of oneself at the same time.
- The best roles have risks.
- Persistence is our effort, giving up is the reward.
- A backward glance can often lift the heart.

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