

FARTLEK TRAINING FOR RUNNERS

WARMUP

LIGHT JOGGING & DYNAMIC MOVEMENT



BEGINNER'S FARTLEK

10 SETS



1 MIN HARD



1 MIN EASY

SPEED-ORIENTED FARTLEK

3-4 SETS



30 SEC HARD X 30 SEC EASY
60 SEC HARD X 60 SEC EASY
90 SEC HARD X 90 SEC EASY

5-4-3-2-1 FARTLEK



5 MINS HARD
4 MINS HARD
3 MINS HARD
2 MINS HARD
1 MIN HARD



1 MIN EASY JOGGING IN BETWEEN

ENDURANCE-FOCUSED FARTLEK



10 MINS HARD X 1 MIN EASY
9 MINS HARD X 1 MIN EASY
8 MINS HARD X 1 MIN EASY
7 MINS HARD X 1 MIN EASY
6 MINS HARD X 1 MIN EASY



5 MINS HARD X 1 MIN EASY
4 MINS HARD X 1 MIN EASY
3 MINS HARD X 1 MIN EASY
2 MINS HARD X 1 MIN EASY
1 MIN HARD

HILL FARTLEK



TREAT THE INCLINES AS YOUR HARD REPS.



CRUISE THE FLAT AND DOWNHILL SECTIONS OF A ROLLING COURSE.



GROUP FARTLEK



- 1
- 2
- 3

1 LET ONE PERSON CHOOSE WHEN TO START AND STOP THE FIRST REP.
2 JOG SLOW FOR AS LONG AS IT TAKES EVERYONE TO CATCH THEIR BREATH.
3 LET ANOTHER PERSON DICTATE THE NEXT REP, AND SO ON UNTIL EVERYONE HAS HAD A TURN.

Runners Training Guide

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