

FARTLEK

Fartlek is a Swedish word meaning “speed-play”.

The idea is that you go for a run, but rather than running at a continuous and steady pace, you change around the speeds at which you run at. The change in speeds should be totally random.

The different speeds you can use are:

- ✓ Walking
- ✓ Jogging
- ✓ Running
- ✓ Sprinting

These runs should be between 30 and 40 minutes.

Use different objects to dictate the change in your speed. For example, you may be jogging, as you reach a lamppost gear up to a sprint and then sprint to the next lamppost, now gear down to a jog; maybe jog for 3 lampposts in a row, etc...

You can use trees, houses, street lengths, etc...

The best way to do the run is out on grass in your boots.

Make sure you do a good warm up and bring water.

Don't forget to cool down and stretch.