

# 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**

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

# Runners Training Guide

**EW Minium**



## **Runners Training Guide:**

Uncover the mysteries within is enigmatic creation, **Runners Training Guide** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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