HALFMARATHONS

FARTLEK TRAINING FOR RUNNERS

WARMUP

LIGHT JOGGING & DYNAMIC MOVEMENT



BEGINNER'S FARTLEK

10 SETS







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



I MIN

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



CRUISE THE FLAT AND DOWNHILL SECTIONS OF A ROLLING COURSE.

TREAT THE INCLINES AS YOUR HARD REPS.

GROUP FARTLEK





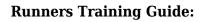
LET ONE PERSON CHOOSE WHEN TO START AND STOP THE FIRST REP.

> JOG SLOW FOR AS LONG AS IT TAKES EVERYONE TO CATCH THEM BREATH.

THE NEXT REP, AND SO ON UNTIL EVERYONE HAS HAD A TURN.

Runners Training Guide

EW Minium



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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