

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

Raffaela Di Napoli



Runners Training Guide:

Embracing the Tune of Expression: An Emotional Symphony within **Runners Training Guide**

In a world used by displays and the ceaseless chatter of instant connection, the melodic beauty and emotional symphony created by the prepared word usually disappear in to the background, eclipsed by the relentless sound and interruptions that permeate our lives. But, located within the pages of **Runners Training Guide** a wonderful fictional treasure overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts visitors on a psychological trip, well unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths of this moving assessment, we can investigate the book is central harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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