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





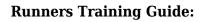
LET ONE PERSON CHOOSE WHEN TO START AND STOP THE FIRST REP.

> 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

Raffaela Di Napoli



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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