



CHORLEY ATHLETIC & TRIATHLON CLUB

run : jump : throw : bike : swim : walk : fun



Chorley

FARTLEK WORKOUTS

1. Introduction

Fartlek is the Swedish for "speed play," and that is exactly what this run is all about. Unlike tempo and interval work, fartlek is unstructured and alternates between moderate to hard efforts with easy efforts throughout.

After a warmup, you play with speed by running at faster efforts for short periods of time (to that tree, to the sign) followed by easy-effort running to recover. The goal is to keep it free-flowing so you're untethered to your watch or a plan and to run at harder efforts but not a specific pace. During this workout, aim to perform at least 8 to 10 gentle, controlled surges, lasting for one minute to 90-seconds with one-minute jog recovery between each. These pick-ups should not feel terribly hard; aim for at least 10 to 15 seconds per mile faster than your 5K pace race.

The benefits of interval training include:

- Burn more calories.
- Improve speed.
- Improve endurance.
- Fun and stress-free training.

2. Types of Fartlek Training

Fartlek structures are generally designed to be free-flowing and unstructured. But if you really want some ideas then look below.

3. Sessions

Sessions are designed by you during your run i.e. there is no session plan.

Session 1 - Street Furniture and local geography

- Warm-up jog and dynamic stretches.
- Start jogging.
- A hard effort from one lamppost to another, plus jog recovery.
- A hard effort up a short hill, plus jog recovery.
- etc.
- Cooldown jog plus stretches.

Session 2 - Time

- Warm-up jog and dynamic stretches.
- Run 6, 5, 4, 3 and 2 minutes at a higher pace, with 2 mins jog recovery
- Cooldown jog plus stretches.