

## **Tuesday Challenge**

### **Session 10**

#### **Fartlek training**

You may or may not have heard about this type of training, it can be used for beginners and advanced runners to improve both speed and endurance. Fartlek is all about adding variety and fun to your existing running routines. It can be spontaneous or rigid – you decide!

Some examples of how to include Fartlek training in to your running. You can do this over any distance – I have used 3km in each of my examples but you can choose any distance and any times to suit your abilities.

- Rigid training – decide on a time (example: 3 mins / 30 sec)  
Jog for your 3 mins then increase your pace for 30 secs, return to jogging for 3 mins then increase your pace for 30 secs until completed your 3km distance.
- Spontaneous training – on your jog use your environment. You could use lampposts or trees as measures and sprinting between them then slowing down until the next one. You might enjoy listening to music where you could jog through a verse and increase your pace for the chorus. You might decide every time you see a bird you will increase until it's gone!

Fartlek training should be fun, unpredictable and random!!

Have fun and stay safe, Jo x