

Fartleks (lockdown version)

Session: Intervals over a variable distance.

You will need: Appropriate clothing, including a high-vis top if doing these on the road.

Location: Any area where you can use something physical to mark your efforts. Typically lampposts are a good marker to use. You can either do this as either part of a loop (we usually use adel for this) or as part of a longer run.

You will need choose something to use to delineate the start and finish of your efforts – they should be semi-regularly spaced, and not too far apart. It is difficult to be specific about what to use as it depends on where you decide to do this session. You could use path junctions, road junctions, road signs or probably easiest are lampposts. Whatever you choose the effort shouldn't be too long, nor too short.

Session Plan: The aim of this session is to develop running speed and build running economy.

- Do a warm up of about 10-15mins.
- Choose something to use to delineate the start and finish of your efforts.
- If using something like lampposts, you need to decide how many to use as part of your effort. It will depend on how far apart the spacing is, but typically you might choose to run say 3 lampposts hard then run 1 easy.
- NB: 3 lampposts = start at lamppost 0 then the next you pass will be lamppost 1, then 2 and finish the effort at #3.
- If running a loop, you might choose to vary the efforts on each loop with a short recovery in between. Typically if a loop of fartleks takes approx 10mins, your recovery will be about 2.5mins (i.e. ¼). A typical session might be to do:
 - Warm up
 - Loop 1: 1 lamppost easy run, 1 lamppost medium run, 1 lamppost hard (interval pace)
 - Recovery
 - Loop 2: 1 lamppost easy, 2 lampposts hard
 - Recovery
 - Loop 3: 1 lamppost easy, 3 hard
 - Recovery
 - Loop 4: 2 lamppost easy, 3 hard
 - Warm down
- If doing this as a continuous run, then you could do something similar as the session plan above, but instead your first 10mins would be the first set, then do 2.5mins easy jog, then do 10mins on the 2nd set described above etc.
- Ensure you warm down for 5-10mins after the last set.
- Followed by stretching as required.