

FARTLEK TRAINING

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What is fartlek training ?

Fartlek training involves varying the intensity or speed of your run to improve your fitness and endurance.

When you do fartlek training, you're essentially 'mixing things up'.

Fartlek sessions are usually performed for a minimum of 45 minutes and intensity can vary from walking, right up to sprinting.

What is fartlek training good for :

This type of training is very individual as the participant can determine the intensity and pace. It can be fun and offers much more variety compared to the monotony of a steady state session.

You can do fartlek training indoors or outdoors. If training on a cardiovascular machine such as a treadmill selecting the 'random' programme would somewhat simulate Fartlek training but you could also just change the pace and incline manually throughout your run depending on how you are feeling. Fartlek training is quite random in nature and allows you the freedom to alter the intensity of your training session.

Benefit of Fartlek Training :

Fartlek is a good choice for those who dislike a set structure or routine to their cardiovascular training sessions. It allows you to have control over your training which may help you have more fun. This could then mean you're more likely to stick to your training which in turn will give you better results.

Example of a fartlek training :

Run 45 minutes outdoors on a varied terrain altering pace between a slow jog and several fast sprints for 10 seconds at a time.

THE END