

# SPEED WORKOUT – 15-30-45 FARTLEK

## Warm Up

- 5 minutes slow-paced jogging
- 3 Sets of Strides
  - Run 75m (approximate) at a fast pace (about 80% of your sprint speed)
  - Jog back slowly. THIS EQUALS 1 SET
  - REPEAT FOR 3 SETS IN TOTAL
- Rest for 3 minutes

## Main Workout (15-30-45 Fartlek)

- Run at a fast pace for 15 seconds
- Walk for 15 seconds
- Run at a fast pace for 30 seconds
- Walk for 30 seconds
- Run at a fast pace for 45 seconds
- Walk for 45 seconds
- THIS EQUALS 1 SET
- REPEAT continuously for a total of either 3/4/6/8 sets

**BEGINNER**

3 SETS

**EASY**

4 SETS

**MEDIUM**

6 SETS

**HARD**

8 SETS

## Cool Down

- 5 minutes slow-paced jogging

## Workout Notes

- This workout should ideally be done on a flat route, but some incline is ok (just it will be harder!)
- Your fast-paced running should feel like approximately 90% of your maximum sprinting speed.
- You should be out of breath by the end of each segment of fast-paced running. If you are not breathing hard, then you are not pushing hard enough!
- The period of walking is your recovery time, which allows your heart rate to lower so that you can push hard again on the next fast-paced segment. Don't be tempted to go faster than walking during this recovery period.