

SPEED WORKOUT – 30-SECOND 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 (30-second Fartlek)

- Run at a fast pace for 30 seconds
- Walk for 30 seconds
- REPEAT continuously for a total of either 10/14/20/30 minutes

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 80% 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.
- Be tough! It's important to keep pushing hard during the second half of the workout, during the fast-pace running segments.

BEGINNER

10 MINUTES

EASY

14 MINUTES

MEDIUM

20 MINUTES

HARD

30 MINUTES