

# Fartlek Workouts

## **(Descending Tempo Fartlek 5-4-3-2-1):**

1Mile Warmup - Fartlek - 1Mile Cooldown

- Begin this session with a 5:00 piece at a moderate pickup effort
- The recovery is half of the time of the piece (in this case 2:30)
- Run a 4:00 piece slightly quicker than the 5:00 (with the rest now being 2:00)
- Run a 3:00 piece a touch quicker (1:30 rest), 2:00 pick-ups (with 1:00 recovery)
- Finish with a 1:00 piece. The final two pieces of this fartlek should be working at a hard to very hard effort.

**(Downcycle Fartlek:** Also known as progression pieces, these are pick-ups that begin a bit slower and finish faster):

1Mile Warmup - Fartlek - 1Mile Cooldown

- After warming up, run a 2:30 pick-up beginning with the first 30 seconds only 5 to 10 seconds faster than your normal training pace. Each subsequent 30-second block should be a touch quicker than the previous with the final 30 seconds (from 2:00 to 2:30) being at or slightly faster than 2Mile race pace.
- Recover with 90 seconds jogging easily
- ... Repeat 6 times

**(Stoplight Fartlek:** Think of this workout in three speeds – hard (red), moderate (yellow), easy (green):

1Mile Warmup - Fartlek - 1Mile Cooldown

- Run 30sec hard
- Recover with 90 seconds jogging easily
- Run 60sec hard
- Recover with 60 seconds jogging easily
- Run 90sec hard
- Recover with 3min jogging easily
- ... Repeat 3 times

## **(25min Fartlek):**

1Mile Warmup - Fartlek - 1Mile Cooldown

- From zero to five minutes, run at a comfortable, normal pace.
- At the 5min mark, increase your speed for one minute.
- Drop back to normal speed until the 10min mark
- Do this on the 5, 10, 15, 20, & 25

## **(Pyramid Fartlek):**

1Mile Warmup - Fartlek - 1Mile Cooldown

- 1min hard, 1min easy
- 2min hard, 2min easy
- 3min hard, 3min easy
- 2min hard, 2min easy
- 1min hard, 1min easy
- The shorter the interval, the faster the pace.