

## **Fartlek Session Plan**

### **Session Introduction:**

- Gather all runners together
- Check for new runners, welcome, introduce etc
- Check for injuries / fitness concerns (address if necessary)
- Explain session – what will we be doing and why

### **Warm Up:**

Steady jog out of a mile or so prior to regrouping and introducing the main part of the session.

### **Main Session:**

Choose a route and lead a continuous run around it. This should be a steady run interspersed with efforts of different length and gradient, some short some long, some uphill, some downhill, some flat. Keep everyone guessing, don't tell them what the efforts will be, rather just call them as you go around.

An alternative and really good way to run these sessions is to share the responsibility of "calling" the efforts, get your runners to take turns at choosing where the efforts will be so you will be running along chatting away and then someone will call an effort "top of the hill" for example and off you go, once you get there you jog on till the next person calls the next effort.

### **Cool Down:**

Steady jog back to the cricket club. Try and encourage runners to carry out static stretching back at the cricket club to promote recovery, increase flexibility and in turn running efficiency.

### **Coaching Points / Session Goals:**

Try to get runners to pace it so that they are always ready to put in another effort without the effort level dropping off. Great for building speed endurance and learning to put an effort in when you have to and pushing it on tired legs.