

FARTLEK TRAINING

MINUTE MILE GROUP	7 MINUTE MILE	8 MINUTE MILE	9 MINUTE MILE	10 MINUTE MILE	11 MINUTE MILE	12 MINUTE MILE
STEP 1 WARM UP PACE 5 MINUTES	9 to 10 min miles	10 to 11 min miles	11 to 12 min miles	12 to 13 min miles	13 to 14 min miles	14 to 15 min miles
STEP 2 QUICK PACE 5 MINUTES	6 to 7 min miles	7 to 8 min miles	8 to 9 min miles	9 to 10 min miles	10 to 11 min miles	11 to 12 min miles
STEP 3 RECOVERY PACE 2 MINUTES	9 to 10 min miles	10 to 11 min miles	11 to 12 min miles	12 to 13 min miles	13 to 14 min miles	14 to 15 min miles
STEP 4 INTERMEDIATE PACE 8 MINUTES	7 to 8 min miles	8 to 9 min miles	9 to 10 min miles	10 to 11 min miles	11 to 12 min miles	12 to 13 min miles

REPEAT STEPS 2 TO 4 TWICE MORE

JOG BACK TO CLUB