

Fartlek Workouts:

Walk = Brisk Walk Jog = Just faster than a walk
Stride = 60-70% of all-out effort Sprint = All-out effort

Fartlek #1 (30 mins)

15 minutes – jog 30 seconds, sprint 30 seconds
15 minutes – jog 40 seconds, sprint 20 seconds

Fartlek #2 (40 mins)

2 minutes – walk 15 seconds, jog 45 seconds
3 minutes – walk 15 seconds, stride 45 seconds
15 minutes – walk 45 seconds, sprint 15 seconds
2 minutes – walk 15 seconds, jog 45 seconds
3 minutes – walk 15 seconds, stride 45 seconds
10 minutes – walk 45 seconds, sprint 15 seconds
5 minutes - jog

Fartlek #3 (40 mins)

2 minutes – walk 15 seconds, jog 45 seconds
3 minutes – walk 15 seconds, stride 45 seconds
15 minutes – walk 40 seconds, sprint 20 seconds
2 minutes – walk 15 seconds, jog 45 seconds
3 minutes – walk 15 seconds, stride 45 seconds
10 minutes – walk 40 seconds, sprint 20 seconds
5 minutes - jog

Fartlek #4 (40 mins)

2 minutes – walk 10 seconds, jog 50 seconds
3 minutes – walk 10 seconds, stride 50 seconds
5 minutes – walk 30 seconds, sprint 30 seconds
2 minutes – walk 10 seconds, jog 50 seconds
5 minutes – walk 30 seconds, sprint 30 seconds
5 minutes – walk 40 seconds, sprint 20 seconds
5 minutes – walk 45 seconds, sprint 15 seconds
3 minutes – walk 30 seconds, jog 30 seconds
5 minutes – walk 45 seconds, sprint 15 seconds
5 minutes – stride

Fartlek #5 (40 mins)

2 minutes – walk 20 seconds, jog 40 seconds
2 minutes – walk 20 seconds, stride 40 seconds
8 minutes – walk 30 seconds, sprint 30 seconds
5 minutes – walk 20 seconds, stride 40 seconds
8 minutes – walk 30 seconds, sprint 30 seconds
2 minutes – walk 20 seconds, jog 40 seconds
8 minutes – walk 30 seconds, sprint 30 seconds
5 minutes – jog



Fartlek #6 (40 mins)

20 minutes – jog 30 seconds, sprint 30 seconds

20 minutes – jog 40 seconds, sprint 20 seconds

Fartlek #7 (40 mins)

2 minutes – walk 15 seconds, jog 45 seconds

3 minutes – walk 15 seconds, stride 45 seconds

15 minutes – walk 45 seconds, sprint 15 seconds

2 minutes – walk 15 seconds, jog 45 seconds

3 minutes – walk 15 seconds, stride 45 seconds

10 minutes – walk 45 seconds, sprint 15 seconds

5 minutes - jog

Fartlek #8 (40 mins)

2 minutes – walk 15 seconds, jog 45 seconds

3 minutes – walk 15 seconds, stride 45 seconds

15 minutes – walk 40 seconds, sprint 20 seconds

2 minutes – walk 15 seconds, jog 45 seconds

3 minutes – walk 15 seconds, stride 45 seconds

10 minutes – walk 40 seconds, sprint 20 seconds

5 minutes - jog

