

Fartlack Workout

Duration (mins)	Description	Setting/Intensity (Km/H)
05:00	Jog	10
02:00	80% Pace	14
02:00	Normal	12
00:30	Full Pace	16
00:30	Jog	10
02:00	80% Pace	14
01:00	Full Pace	16
02:00	Jog	10
01:00	Walking	6
02:00	Normal	12
02:00	80% Pace	14
00:30	Full Pace	16
00:30	Jog	10
02:00	80% Pace	14
01:00	Normal	12
01:00	Full Pace	16
05:00	Jog	10

Notes:

- Set incline to at least 2.0 if running on a treadmill to replicate outside environment
- Setting/Intensity is in kilometres per hour and should vary as training progresses