



# Fartlek

Category: Physical: Endurance  
Difficulty: Difficult

David Abraham



## Equipment / Set Up

### Equipment

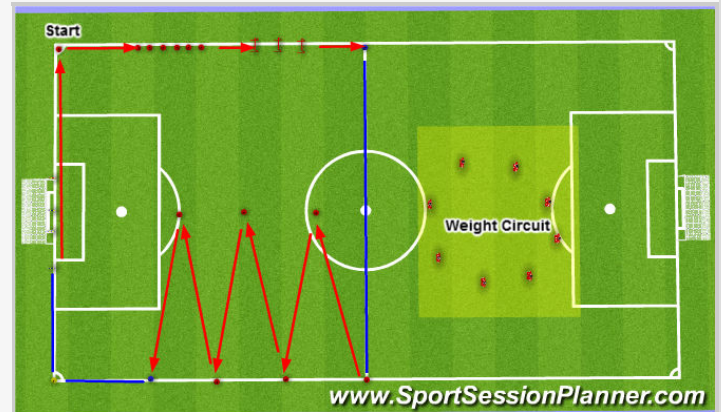
13 x Red Cones  
3 x Blue Cones  
1 x Yellow Cone  
3 x Hurdles  
4 x Poles  
Variety of weights

### Set Up

Half a pitch for Fartlek

### Numbers:

Half squad Fartlek and other half on weight circuit



## Description

### Start:

- 1) Jog to first set of red cones
  - 2) Lateral movement through the red cones
  - 3) Sprint to hurdles
  - 4) Tuck Jumps, knees to chest over the hurdles with minimal contact with the ground
  - 5) Sprint to blue cone
  - 6) From the blue cone to the red cone 75% run
  - 7) Diagonal sprints through red cones
  - 8) From blue cone to yellow cone jog
  - 9) Backwards from yellow cone to poles
  - 10) Forward lateral movement at poles at max speed
  - 11) 100% sprint to start
- 3 x 4 minute sets with 2 minute recovery after each set  
Squad will swap after each set Fartlek to weights circuit to Fartlek etc...

