



Fartlek

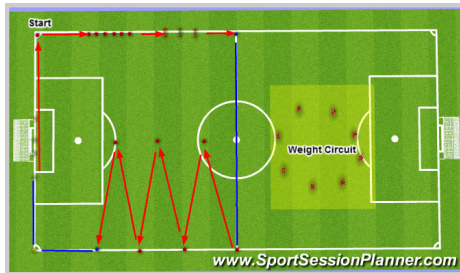
Category: Physical: Endurance

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

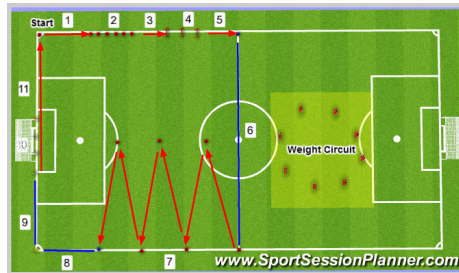
Set Up

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...