



TRIATHLON | SWIMMING | CYCLING | RUNNING | ST

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Fartlek Run

What is a Fartlek Run?

“*Fartlek*” is a Swedish word that means “speed play.”

It’s a blend of steady running with bursts of faster efforts followed by recovery jogs — structured or unstructured.

Why We Do It:

- Builds speed + endurance together
- Teaches your body to switch gears efficiently
- Improves mental strength to push and recover
- It’s less strict than intervals but equally effective

Example:

You’ll start with a warm-up, then go into repeated bursts of 30 seconds to 2 minutes of faster running, followed by easy jog recoveries (equal or slightly longer duration).

The pace during efforts should feel like:

- Comfortably hard (around your 10K pace or effort)
- Recovery = easy jog (Zone 1-2)

Tips for Your Fartlek Run:

- Focus on effort, not exact pace
- Keep the recovery jogs truly easy
- Run by feel, not numbers
- Listen to your body, but don’t skip the bursts!

This is a key workout in developing race readiness. Push when it’s time to push, but recover like a pro.

- Coach Zee / TriZee Athletes

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