

Fartlek Intervals



Quick Overview

Session Type: Mixed Intensity

Level: All Levels

Time Required: ~40–60 minutes

The Session

Warm-Up

10–15 mins easy running

Main Set

20–30 minutes continuous running

Mix in efforts based on feel or landmarks

(e.g. run hard to the next tree, ease off, then push again)

Cool Down

10 mins easy running

Why This Works

Fartlek removes the structure and lets you run by feel.

It builds awareness, adaptability, and confidence – especially useful on trails where conditions constantly change.

It's also one of the most enjoyable ways to train.

