

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

Fartlek ("Speed Play") Routine

What This Workout Is

Fartlek is a Swedish word meaning "**speed play**." Instead of following rigid intervals, you vary your pace based on how you feel or landmarks around you. This keeps cardio engaging while improving endurance and cardiovascular fitness.

How To Do It

1. Warm up for 3–5 minutes at an easy pace.
2. Choose a landmark or timer (20–45 seconds).
3. Increase your pace until you reach the landmark or timer ends.
4. Recover for 1–2 minutes at an easy pace.
5. Repeat for 20–30 minutes.
6. Finish with a 3–5 minute cool-down.

How To Customize It

- Walking: Alternate between a normal walk and a brisk walk.
- Running: Alternate between an easy jog and a controlled faster run.
- Treadmill: Increase speed or incline for faster efforts.
- Bike / Rower / Elliptical: Increase cadence or resistance during work periods.
- No Equipment: Jog in place, use stairs, or perform fast marching.

Effort Guidelines

- Faster efforts should feel challenging but controlled.
- Recovery should allow your breathing to settle before the next effort.
- The goal is variety—not maximum intensity.

Progression Options

- Increase the number of faster efforts.
- Extend faster efforts to 45–60 seconds.
- Shorten recovery periods slightly.
- Explore different terrain to naturally vary your pace.