

W.O.W.

Workout of the Week

OUTSIDE RUN

Time: 30+ minutes

Fartlek: Literally means “speed play” in Swedish, but in the running world it blends continuous running with interval training. It is simply defined as “periods of fast running intermixed with periods of slower running.” The variable intensity and continuous nature of a Fartlek run places stress on both the aerobic and anaerobic systems.

Aerobic System: Literally means “oxygen is present.” Examples are long slow distance runs, swimming. During aerobic exercise, our muscles can contract repeatedly without much fatigue. Heart rate will stay around 55% max.

Anaerobic System: Literally means “oxygen is absent.” Examples are sprints, high intensity exercise and weight lifting. During anaerobic exercise our muscles produce a waste that can impair muscle contractions and cause that “burning” sensation. Heart rate should accelerate to 85% max.

How to estimate heart rate: $220 - \text{your age} = \text{max heart rate}$
 $\text{Max heart rate} \times .85 = \text{high intensity heart rate}$
 $\text{Max heart rate} \times .55 = \text{low intensity heart rate}$

Warm-up (5 minutes): Start with a nice and easy 5 minute brisk walk or jog. Heart rate should be in that 55% max zone.

Fartlek - Clock Version (20 minutes):

- Run at a hard speed for one minute. Slow jog or brisk walk for 30 seconds. Run at a medium speed for one minute.
- Repeat 8 times

Fartlek - Mailbox Version:

Run hard for two mail boxes, run easy for 3 mailboxes, run hard for 3 mail boxes, run easy for 2 mailboxes. Repeat until desired distance or time is reached.

Fartlek - Music Version:

Runners can use their music as a Fartlek template. For example, run hard during the chorus and easy for the verses. Or run hard for one song, easy for the next. Repeat until desired distance or time is reached

Cool-down (5 minutes plus stretch): Finish the way you started, with a nice easy 5 minute brisk walk or jog. Be sure to stretch and re-hydrate.

See a Personal Trainer for more detailed instructions or a demonstration.



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Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
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