

Island Fartlek

A fartlek is a type of interval training that is great for improving speed and endurance. It is a run with periods of fast running and periods of slower running.

Pre-workout:

Eat a healthy snack 1-2 hours before the workout, and drink plenty of water.

Stretch for about 10 minutes. Check out this guide to pre-run stretching from [HSS](#) for ideas on how to prepare your body for a workout.

Determine how far you want to run. You can follow one of the routes from our [website](#), or create your own. We have options that range from 1.5-6.5 miles.

Workout:

Warmup: Jog for about 10 minutes—that could be from your home to the start of your chosen route. This should be at an easy pace—one you can hold comfortably.

Workout: Alternate **3 minutes** on **1 minute** off. This means you'll run at a challenging but sustainable effort—about 60% of a full sprint—for 3 minutes, and then return to that comfortable pace from your warmup for 1 minute. Repeat this until you complete the route.

Cooldown: Jog for 10—this could mean heading back towards home, or running along the Island's coastline.

Safety Tips

Wear a mask or face covering while outside and keep 6 feet away from others

Try to run during off-peak hours – if the bridge feels too busy for you, there are some other great hills on the Island

