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Session 1:

Fartlek Running:

3 Sets of 5 Minutes, 2 Minutes Between Sets

15 seconds @ low intensity

30 seconds @ medium intensity

15 seconds @ high intensity

Until 5 minutes completed

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Session 2:

Interval Running: Bring two items as markers

Running Group: 15 seconds run, 15 seconds stop

Complete 8 efforts, then rest 2 minutes

Complete 3 sets

Walking Group: 20 seconds effort, 10 seconds stop

Complete 10 efforts, then rest 2 minutes

Complete 3 sets