Fartlek training (Running)

Warm up:

* Squats
* Lunges
* Stretches (Dynamic)
* 5 min jog/ 2-5 min walk
* Foam roll

The actual run

* 5 min slow pace run
* 2 min 30 walk
* 4 min slightly faster pace run
* 2 min walk
* 3 min faster than normal pace run
* 1 min 30 walk
* 2 min fast run (not quite a sprint)
* 1 min walk
* 30 second sprint

\*REPEAT BACK UP IF NECESSARY\*

Cool down

* Stretches (Static)
* 10 min walk
* Foam roll