

## PE Challenge Week beginning Monday 27<sup>th</sup> April 2020

### Fartlek Training

This week the PE Challenge is following the Fartlek (Swedish for speed play) principle of training. This training method is used by all invasion sports teams, e.g. football, netball, basketball, rugby, hockey etc. as well as runners, worldwide as it traditionally involves the fundamentals of travelling around a sports field of walking, jogging, running and sprinting. This can be done in the garden and even if space is minimal the exercises can be replicated staying on the spot. Alternatively, if you are out walking for your daily exercise with the family, using lampposts as your distance markers is perfect and one that was used by the great Olympian and friend of Tameside Dr. Ron Hill MBE.

The following is a guide and feel free to adjust accordingly.

After a suitable warm-up:

**Walk** from one lamppost to the next, then **Jog** to the next, then **Run** to the next and then **Sprint** to the next. Then simply repeat.

Another option is to do each exercise for 2 lamppost distances each or do the Jog and Run for 2 lampposts and the Walk and Sprint for 1 lamppost (other distance markers are available).

Another alternative is to differ the exercises, e.g. **Skipping**, then **Jogging**, then **Hopping** then **Side-Steps**.

Make sure to cool-down afterwards and enjoy yourself. Good Luck.

So mix it up, get your heartrate elevated and get out of breath.

#stayactiveandhealthy #keepsafe

#healthybodyhealthymind