

# INDOOR WORKOUT SERIES

## FARTLEK

The fartlek (Swedish for “Speed Play”) is a mixed interval workout that can take a variety of forms by mixing constant of varied intervals of high and low intensity. Because of their mixed nature, fartlek workouts give you some of the most bang for your buck when it comes to time spent exercising.



**Length of Workout:** Variable 28-70min



**Benefits:** Improves speed, strength and endurance by working both aerobic and anaerobic systems.



**Tip:** Fartleks are great for helping the time pass in both hard and easy sessions alike

## THE FARTLEK WORKOUT

	Novice	Intermediate	Advanced	Elite
Warm-up	5 min	10 min	15 min	20 min
Sets	3	4	4	5
High Intensity (HI) Intervals*	3 min	3 min	5 min	5 min
Low Intensity (LI) Intervals**	3 min	2 min	3 min	1 min
Cool-Down	5 min	10 min	15 min	20 min
Total Workout Time	28 min	40 min	62 min	70 min

\*Increase effort and HR during HI interval by increasing resistance, cadence or both

\*\*Decrease resistance and cadence during LI interval to recover between HI intervals

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