

**Fartlek**

Fartlek running can be a fun way to get in a workout and it is up to you on how you do it. It is a series of hard and easy paces thrown into the middle of a run. You can make it simple and run 2 min hard, 2 min easy, for a certain amount of time, or you can get more creative and run anywhere between 30 sec hard to 3 min hard with various easy amounts in between. For example, if you are running a 50 min run, you would warm up 15 min, run 20 min of fartlek, and then run a 15 min cool down. The overall fartlek time includes both the hard and rest intervals. These will also prepare you for interval training in the fall and racing. Your pace will vary depending on how long the interval. For example, a 30 second interval will be faster than a 2 or 3 minute interval.

**Tempo**

A good tempo run for base training is a mileage run with the middle of the run being at a tempo (hard) pace. Tempo pace will be a different pace for each person. It will depend on what kind of shape you are in. It is slightly slower than your 5k race pace. Your amount of time at tempo pace will be anywhere from 8-14 minutes. Your tempo pace will also grow faster the more you have been training. If you can't run the same pace for the full tempo time, then you started out too quickly. The more of these you do, the easier it will be to figure out the tempo pace you are capable of running. These will prepare you for interval training in the fall as well as racing.

**Long Run**

For long runs, you are building up gradually throughout the summer. Beginners, run them the same pace as mileage runs as you get used to them. Returners can push them harder if they feel confident in that, and it can be a great workout.

**Strides**

60-70 meter sprints, rest 45 sec-1 min between each one