



WEEK 3: Nature and Science Workout "Fartlek style"

30 sec work at each designated marker

WORKOUT

Fartlek:

Fartleks are not only fun to say out loud, but they're fun to run. Fartlek is the Swedish for "speed play". Pick a destination and run to that (to that tree, to the sign). For our workout, do 30 sec of a move at that designated spot. The next "target" should be a slower run to recover. Alternate the leader to pick the next stopping point.

Workout: 30 sec each move

Jumping Jacks

Push-ups

Back Lunges (alternating)

Burpee

Squat (alternating knee)

Mountain Climbers

Tire Run (forward and back)

Broad jump, shuffle back

Tricep Dips

Alternating Flex Foot Kick and Punch

Cooldown

After you have stretched from your run, find a quiet spot outside. Sit or lay comfortably to relax. Listen to the sounds of animals and plants around you. Shut your eyes, and feel the wind or sun on your body. Practice slow, deep breaths.

