**Lamp-posts: (fartlek)**

Continuous run with varying speeds - Fast and slow

This is also continuous running with no-stopping, but this time we v*ary* the pace *fast and slow.*  You could use lamp posts or trees or 60 sec on a sports watch– first interval faster, second interval slow but try to keep going without stopping. Like we did in the Summer around Finsbury Park.

Under 11’s - Again start with 5 minutes and build up to 10- 15 min.

Over 11s - Same but start with 10 min and build up to 20 min