
Livermore Fusion Player engagement



A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE

FARTLEK TRAINING FOR ENDURANCE

LEVEL 2

FARTLEK, A SWEDISH TERM THAT MEANS "SPEED PLAY," IS A FORM OF INTERVAL OR SPEED **TRAINING** THAT CAN BE EFFECTIVE IN IMPROVING YOUR RUNNING SPEED AND ENDURANCE. **FARTLEK** RUNNING INVOLVES VARYING YOUR PACE THROUGHOUT YOUR RUN, ALTERNATING BETWEEN FAST SEGMENTS AND SLOW JOGS.





LIVERMORE FUSION
PLAYER ENGAGEMENT

DAY 1

- Jog for 1 minute
- Sprint for 10 seconds
- Back to a jog for another minute
- Continue for a total of 20 minutes



DAY 2

- Jog for 1 minute
- Sprint for 10 seconds
- Back to a jog for another minute
- Continue for a total of 25 minutes



LIVERMORE FUSION
PLAYER ENGAGEMENT

DAY 3

- Jog for 1 minute
- Sprint for 10 seconds
- Back to a jog for another minute
- Continue for a total of 30 minutes.



LIVERMORE FUSION
PLAYER ENGAGEMENT





DAY 4 – REST
DAY 5 – CONTINUE