Drill #6 – Fartlek Training (Team & Individual)
Fartlek training is an excellent conditioning method when players first return from a closed-season break. It is less monotonous than continuous running and more specific to soccer. It involves running for 20 to 30 minutes at varying paces and intensities. Here are three sample sessions suitable for soccer:

**Fartlek Session A**
- Run hard for 3 minutes, jog slowly for 1 minute
- Repeat 6-8 times
- Cool down at a steady pace for 10 minutes

**Fartlek Session B**
- Run hard, for 75 seconds
- Jog for 150 seconds
- Run hard for 60 seconds
- Jog for 120 seconds
- Repeat 3-4 times
- Cool down at a steady pace for 10 minutes

**Fartlek Session C**
- Jog for 60 seconds
- Run hard (3/4 pace) for 90 seconds
- Jog for 45 seconds
- Sprint for 10 seconds
- Jog for 30 seconds
- Run backwards for 30 seconds
- Walk for 30 seconds
- Run hard for 60 seconds
- Repeat 3-4 times
- Cool down at a steady pace for 10 minutes