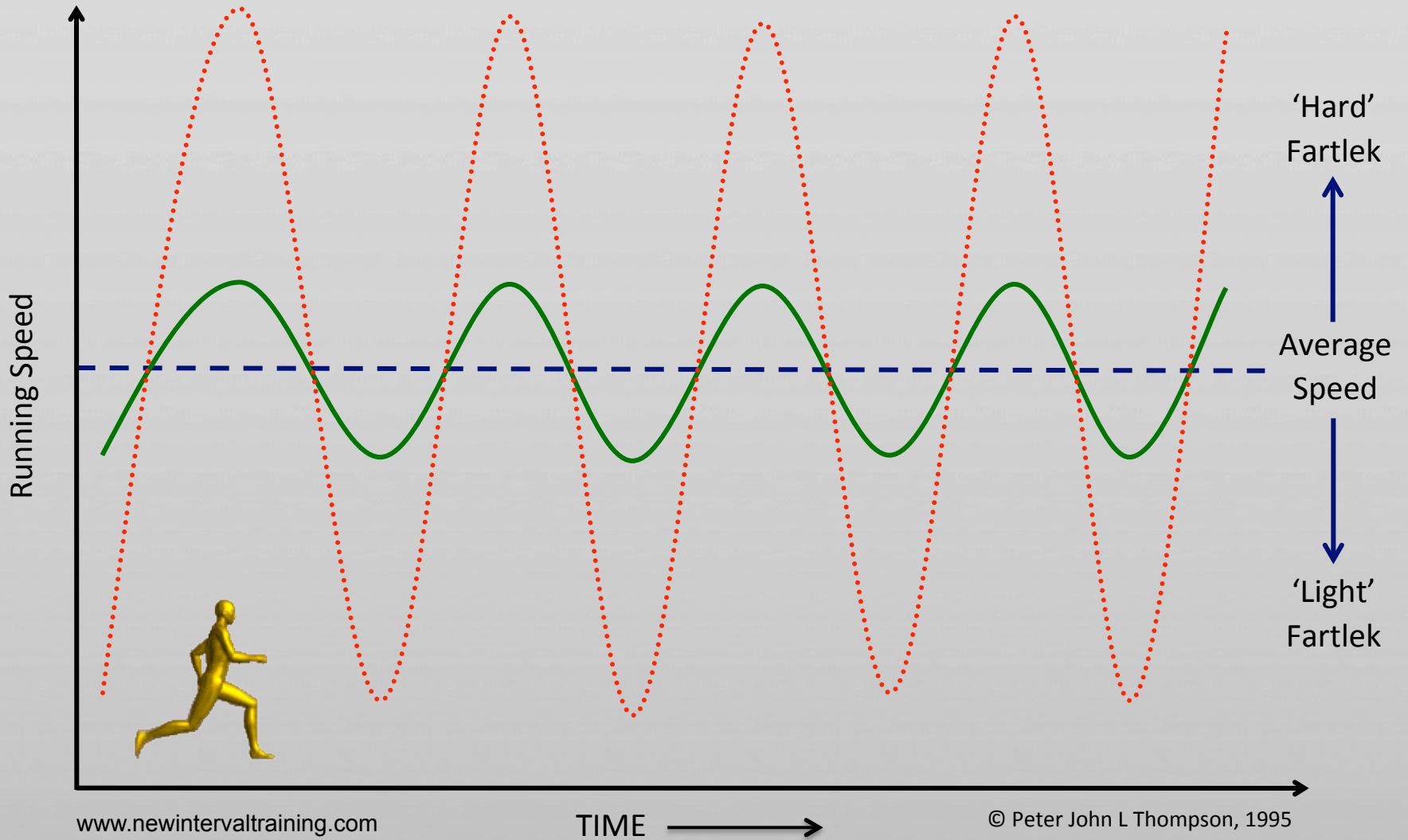


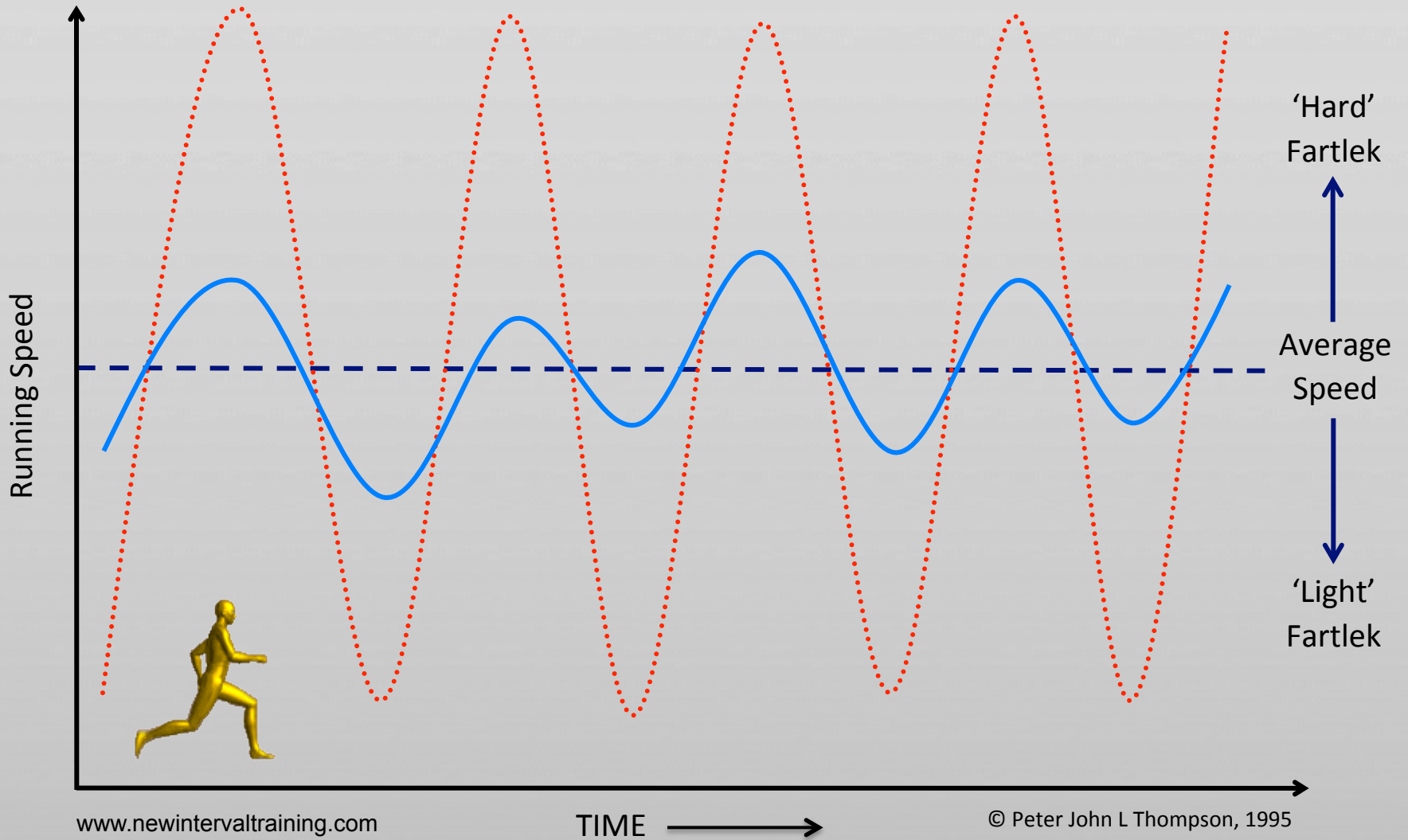
# FARTLEK TRAINING

- ..... Training too fast then too slow
- Gently changing rhythms - optimal lactate dynamics training



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