**ACCELERATION TRAINING**

This type of running can cause confusion and some may think it is a play on words in relation to Fartlek training.

This is not the case and it is a recognised and useful form of training for runners. Again, pick a distance or set time; the main aim here is to start off slow and progress to full race pace prior to the end of the set period.

For example, a 15 minute run may be split into 30 second segments with the last two minutes being near threshold or race pace, or as close as possible.

Alternatively, this form of training is used by coaches in football and athletics etc in order to test the acceleration speed of athletes.

A normal set for this would be 3 x 30m sprints, taking the average of the 3 sprints in order to get an indication of the runner’s acceleration speed.