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# Livermore Fusion Player engagement

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A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE

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# FARTLEK TRAINING FOR ENDURANCE

## LEVEL 3

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**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 15 seconds
- Sprint for 15 seconds
- Jog for 15 seconds
- Walk for 15 seconds
- Jog for 15 seconds
- Sprint for 15 seconds
- Continue for a total of 20 minutes.





# DAY 2

- Jog for 15 seconds
- Sprint for 15 seconds
- Jog for 15 seconds
- Walk for 15 seconds
- Jog for 15 seconds
- Sprint for 15 seconds
- Continue for a total of 25 minutes.



LIVERMORE FUSION  
PLAYER ENGAGEMENT

# DAY 3

- Jog for 15 seconds
- Sprint for 15 seconds
- Jog for 15 seconds
- Walk for 15 seconds
- Jog for 15 seconds
- Sprint for 15 seconds
- Continue for a total of
- 30 minutes



LIVERMORE FUSION  
PLAYER ENGAGEMENT



A photograph of two female soccer players in action on a green field. The player on the left is wearing a white jersey with dark sleeves and dark shorts, and is leaning forward with her foot on a soccer ball. The player on the right is wearing a blue jersey and dark shorts, and is also leaning forward, looking towards the ball. In the background, there is a chain-link fence and several other people, some of whom appear to be spectators or other players. The scene is set outdoors, possibly during dusk or dawn, as the lighting is somewhat dim. The text "DAY 4 – REST" and "DAY 5 – CONTINUE" is overlaid in large, white, sans-serif font across the center of the image, with thin white horizontal lines above and below the text.

DAY 4 – REST  
DAY 5 – CONTINUE