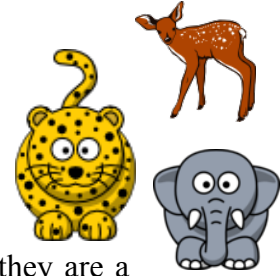


Cheetahs, Deer, and Elephants

Objective: To simulate running like different animals to acquire what the changing speeds of fartlek feels like.



Description: Runners spread out over the designated playing area. When the coach calls out “cheetah,” the runners sprint and imagine they are a cheetah. When “deer” is called out, the runners run at a fast pace (but not all out) concentrating on good form imagining they are a deer running. When “horse” is called out, the runners will run at an easy pace. When “elephant” is called out, the runners race walk imagining they are an elephant, swinging their arms powerfully. When “dog” is called out, the runners will jog. When “turtle” is called out, the runners will walk slowly. The coach/leader should call out fast and slow animals as to allow for both higher intensity running and recovery. This is an excellent activity for introducing fartlek training where runners can feel the difference between changing speeds.

Variations: (1) Incorporate the use of different animals. (2) To progress to harder workouts, increase the length of time for faster animals. (3) To decrease the recovery time, allow less time for slower animals.

Equipment: None needed

Cheetahs, Deer, and Elephants	
Animal	Pace
Cheetah	Sprint
Deer	Fast Pace
Horse	Easy Pace Run
Elephant	Race Walk
Dog	Jog
Turtle	Walk slowly