

Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

Cheetahs, Deer, and Elephants

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

Description: Spread out over the designated playing area. Start running around the area. You have numerous animals to imitate. If you call out “cheetah,” you will sprint and imagine you are a cheetah. When “deer” is called out, run at a fast pace (but not all out), concentrating on good form imagining you are a deer running. When “horse” is called out, you will run at an easy pace. When “dog” is called out, you will jog. When “turtle” is called out, you will walk slowly. Call out both fast and slow animals to allow for both higher intensity running and recovery. This is an excellent activity for introducing fartlek training where you 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

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