
Livermore Fusion Player engagement



A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE

FARTLEK TRAINING FOR ENDURANCE

LEVEL 4

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 20 seconds
- Sprint for 20 seconds
- Jog for 20 seconds
- Walk for 10 seconds
- Jog for 20 seconds
- Sprint for 20 seconds
- Continue for a total of 20 minutes.





DAY 2

- Jog for 20 seconds
- Sprint for 20 seconds
- Jog for 20 seconds
- Walk for 10 seconds
- Jog for 20 seconds
- Sprint for 20 seconds
- Continue for a total of 25 minutes.



LIVERMORE FUSION
PLAYER ENGAGEMENT

DAY 3

- Jog for 20 seconds
- Sprint for 20 seconds
- Jog for 20 seconds
- Walk for 10 seconds
- Jog for 20 seconds
- Sprint for 20 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 black fence and several other people, some of whom appear to be spectators or other players. The lighting suggests it might be late afternoon or early evening. The text "DAY 4 – REST" and "DAY 5 – CONTINUE" is overlaid in white, bold, 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