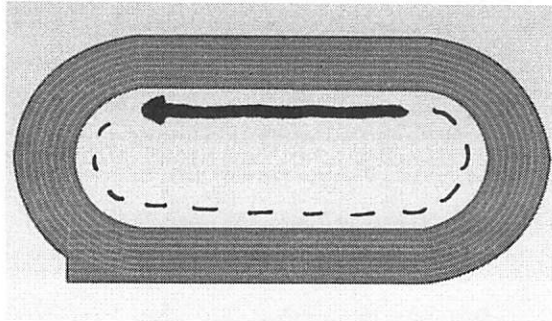


# WELLSPORT

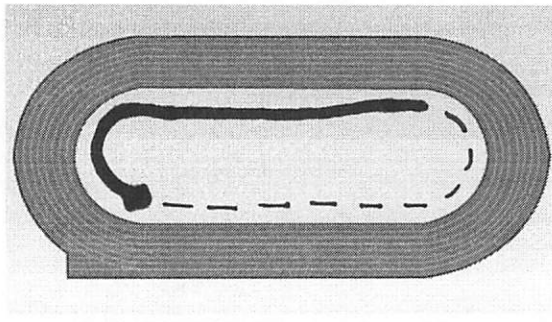
## Fartlek Training

ROUND 1



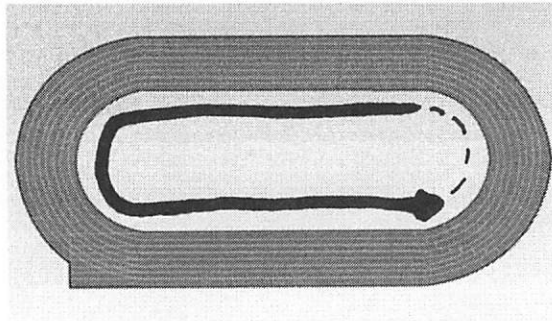
ROUND 9

ROUND 2



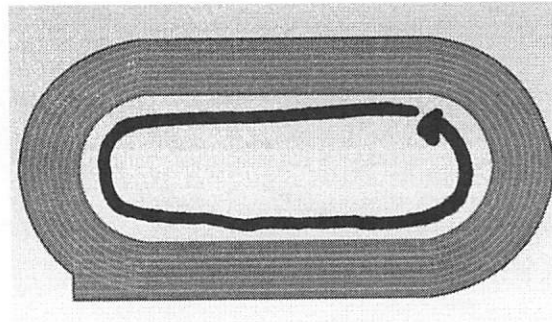
ROUND 8

ROUND 3



ROUND 7

ROUND 4



ROUND 6

ROUND 5

FULL JOG/WALK LAP

--- JOG/WALK ---

———— SPRINT ————