

TRAINING PLAN

STRONG VIKING



LET'S TRAIN AND BECOME A VIKING!

13KM
WARRIOR 

TIPS AND TRICKS



1

PACING

Keep a conversational pace during your runs. You should be able to talk while running.

2

REST AND RECOVERY

Ensure you have adequate rest between your running days, and listen to your body. If you feel fatigued, consider taking an extra rest day.

3

HYDRATION AND NUTRITION

Stay hydrated, especially on your longer run day. Also, pay attention to your nutrition to support your energy levels.

4

WARM-UP AND COOL DOWN

Begin each run with a short warm-up (5-10 minutes of light jogging or brisk walking) and finish with a cool-down (5-10 minutes of walking and stretching).

5

PROGRESS GRADUALLY

If any week feels particularly challenging, consider repeating it before moving on to the next one.

One common mistake beginner runners make is starting at too high a pace, which can lead to exhaustion. Allow yourself time to build up gradually, and incorporate home training exercises to strengthen your body!

Check our video about low HR running [HERE](#)

TRAINING WEEKS



DAY 1 HOME WORKOUTS

3 ROUNDS

Exercises Name	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
Side Step (Medium Resistance Band)	22	24	26	28	30	32
Plank	30s	32s	34s	36s	38s	40s
Push ups	15	16	17	18	19	20
ATG Split Squats	18	20	22	24	26	28
Pike walks	15	16	17	18	19	20
Rows	15	16	17	18	19	20
Lean back body twist	20	22	24	26	28	30

DAY 2 All exercises get explained in detail: [HERE](#)

Our workout incorporates High-Intensity Interval Training (HIIT), during which we perform exercises sequentially down the column followed by a 2-4 minute break. The goal is to complete three rounds, but you can adjust according to your preference.

3 ROUNDS

Exercises Name	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
Back Step (Medium Resistance Band)	22	24	26	28	30	32
Side Plank	25s	27s	29s	31s	33s	35s
Hamsting bridge	20	22	24	26	28	30
Over head R. band press	15	16	17	18	19	20
Swimmers	15	16	17	18	19	20
Squats	15	16	17	18	19	20
Tibialis Raises	28	30	32	34	36	38

WEEK 1

DAY 1

8min RUN/ 2min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

35min RUN EASY PACE

HOME WORKOUT DAY 2

WEEK 2

DAY 1

8min RUN/ 1min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

40min RUN EASY PACE

HOME WORKOUT DAY 2

WEEK 3

DAY 1

9min RUN/ 2min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

45min RUN EASY PACE

HOME WORKOUT DAY 2

WEEK 4

DAY 1

9min RUN/ 1min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

50min RUN EASY PACE

HOME WORKOUT DAY 2

WEEK 5

DAY 1

10min RUN/ 2min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

55min RUN EASY PACE

HOME WORKOUT DAY 2

WEEK 6

DAY 1

10min RUN/ 1min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

60min RUN EASY PACE

HOME WORKOUT DAY 2

VIKINGS, LET'S TRY
TO RUN A BIT FASTER!

GOOD LUCK VIKINGS!

WE'LL SEE YOU IN WALHALLA



**GET YOUR TICKETS FOR
STRONG VIKING HERE**

