



TRAINING WEEKS



WEEK 1

DAY 1

8min RUN/ 2min WALK repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

35^{min} 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

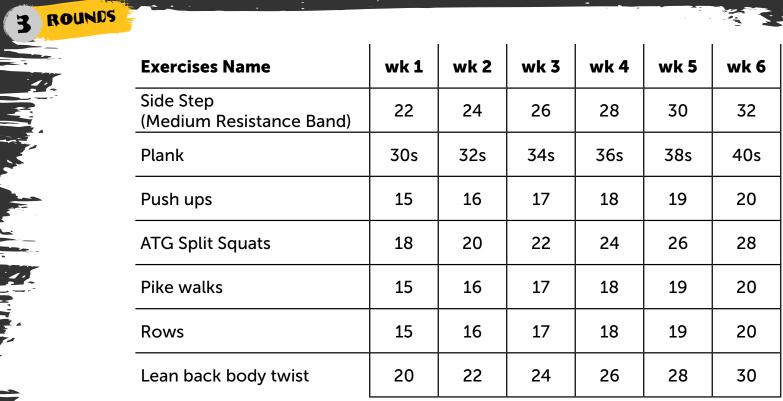
HOME WORKOUT DAY 1

DAY 2

45^{min} RUN EASY PACE

HOME WORKOUT DAY 2

DAY 1 HOME WORKOUTS



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

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

10^{min} RUN/ 2^{min} WALK repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

55min RUN EASY PACE

HOME WORKOUT DAY 2

WEEK 6

DAY 1

10^{min} RUN/ 1^{min} WALK repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

60^{min} RUN EASY PACE

HOME WORKOUT DAY 2

DAY 2

All exercises get explained in detail: HERE Our workout incorporates High-Intensity Interval Training (HIIT), during which we

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.

wk 5

30

28

19

36

wk 6

32

20

