



TRAININGWEEKS



WEEK 1

DAY 1

2min RUN/2min WALK repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

2min RUN/2min WALK repeat 5 rounds

HOME WORKOUT DAY 2

WEEK 2

DAY 1

2min RUN/2min WALK repeat 6 rounds

HOME WORKOUT DAY 1

DAY 2

2min RUN/2min WALK repeat 6 rounds

HOME WORKOUT DAY 2

WEEK 3

repeat 5 rounds

DAY 2

3min RUN/2min WALK repeat 5 rounds

DAY 1

3min RUN/2min WALK

HOME WORKOUT DAY 1

HOME WORKOUT DAY 2

Exercises Name wk 1 wk 5 wk 2 wk 3 wk 4 wk 6 Side Step 10 12 14 16 18 (Light Resistance Band)

DAY 1 HOME WORKOUTS

20 Plank 14s 16s 18s 20s 22s 24s Negative Push ups 5 9 11 13 15 **ATG Split Squats** 6 10 11 10 Pike walks 11 Rows 6 10 11

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

WEEK 4

DAY 1

3min RUN/2min WALK repeat 6 rounds

HOME WORKOUT DAY 1

DAY 2

3min RUN/2min WALK repeat 6 rounds

HOME WORKOUT DAY 2

WEEK 5

DAY 1

4min RUN/2min WALK repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

4min RUN/2min WALK repeat 5 rounds

HOME WORKOUT DAY 2

WEEK 6

DAY 1

5min RUN/2min WALK repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

20min RUN EASY PACE

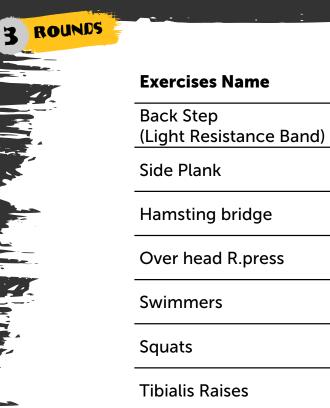
HOME WORKOUT DAY 2

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.

10

11



Lean back body twist

3 ROUNDS

wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
10	12	14	16	18	20
12s	14s	16s	18s	20s	22s
8	10	12	14	16	18
6	7	8	9	10	11
6	7	8	9	10	11
6	7	8	9	10	11
10	12	14	16	18	20
	10 12s 8 6 6	10 12 12s 14s 8 10 6 7 6 7	10 12 14 12s 14s 16s 8 10 12 6 7 8 6 7 8 6 7 8	10 12 14 16 12s 14s 16s 18s 8 10 12 14 6 7 8 9 6 7 8 9 6 7 8 9	10 12 14 16 18 12s 14s 16s 18s 20s 8 10 12 14 16 6 7 8 9 10 6 7 8 9 10 6 7 8 9 10

