

# TRAINING PLAN

## STRONG VIKING



**LET'S TRAIN AND BECOME A VIKING!**



**4KM**  
BEGINNER





# 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 (Light Resistance Band)	10	12	14	16	18	20
Plank	14s	16s	18s	20s	22s	24s
Negative Push ups	5	7	9	11	13	15
ATG Split Squats	6	7	8	9	10	11
Pike walks	6	7	8	9	10	11
Rows	6	7	8	9	10	11
Lean back body twist	6	7	8	9	10	11

**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 (Light Resistance Band)	10	12	14	16	18	20
Side Plank	12s	14s	16s	18s	20s	22s
Hamsting bridge	8	10	12	14	16	18
Over head R.press	6	7	8	9	10	11
Swimmers	6	7	8	9	10	11
Squats	6	7	8	9	10	11
Tibialis Raises	10	12	14	16	18	20

### 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

#### DAY 1

3min RUN/ 2min WALK  
repeat 5 rounds

HOME WORKOUT DAY 1

#### DAY 2

3min RUN/ 2min WALK  
repeat 5 rounds

HOME WORKOUT DAY 2

### 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

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**

