

# TRAINING PLAN

## STRONG VIKING



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



# 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)	16	18	20	22	24	26
Plank	20s	22s	24s	26s	28s	30s
(Negative) Push ups	8	10	12	14	15	16
ATG Split Squats	10	11	12	13	14	15
Pike walks	10	11	12	13	14	15
Rows	10	11	12	13	14	15
Lean back body twist	10	11	12	13	14	15

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)	16	18	20	22	24	26
Side Plank	20s	22s	24s	26s	28s	30s
Hamsting bridge	14	16	18	20	22	23
Over head R. band press	10	11	12	13	14	15
Swimmers	10	11	12	13	14	15
Squats	10	11	12	13	14	15
Tibialis Raises	20	22	24	26	28	30

### WEEK 1

#### DAY 1

5min RUN/ 2min WALK  
repeat 4 rounds

HOME WORKOUT DAY 1

#### DAY 2

5min RUN/ 2min WALK  
repeat 5 rounds

HOME WORKOUT DAY 2

### WEEK 2

#### DAY 1

6min RUN/ 2min WALK  
repeat 4 rounds

HOME WORKOUT DAY 1

#### DAY 2

6min RUN/ 2min WALK  
repeat 5 rounds

HOME WORKOUT DAY 2

### WEEK 3

#### DAY 1

7min RUN/ 2min WALK  
repeat 4 rounds

HOME WORKOUT DAY 1

#### DAY 2

7min RUN/ 2min WALK  
repeat 5 rounds

HOME WORKOUT DAY 2

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

### WEEK 4

#### DAY 1

7min RUN/ 2min WALK  
repeat 5 rounds

HOME WORKOUT DAY 1

#### DAY 2

20min RUN EASY PACE

HOME WORKOUT DAY 2

### WEEK 5

#### DAY 1

8min RUN/ 2min WALK  
repeat 4 rounds

HOME WORKOUT DAY 1

#### DAY 2

25min RUN EASY PACE

HOME WORKOUT DAY 2

### WEEK 6

#### DAY 1

7min RUN/ 2min WALK  
repeat 5 rounds

HOME WORKOUT DAY 1

#### DAY 2

30min RUN EASY PACE

HOME WORKOUT DAY 2

# GOOD LUCK VIKINGS!

## WE'LL SEE YOU IN WALHALLA



**GET YOUR TICKETS FOR  
STRONG VIKING HERE**

