



TRAININGWEEKS



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

repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

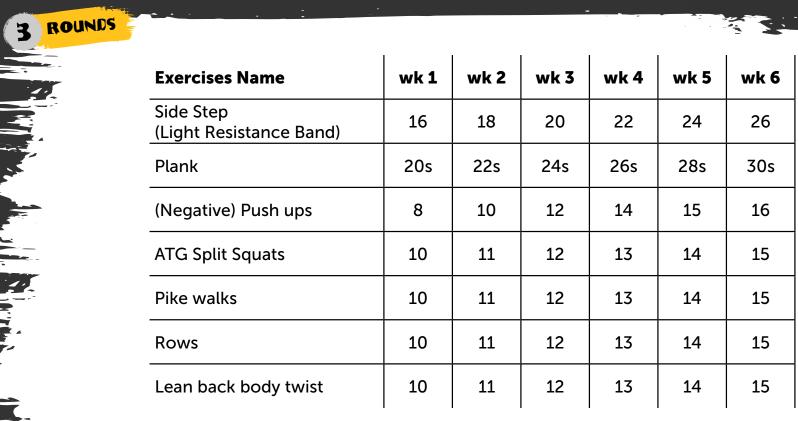
7min RUN/2min WALK repeat 5 rounds

HOME WORKOUT DAY 2

DAY 1

7min RUN/2min WALK

DAY 1 HOME WORKOUTS



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

DAY 1

7min RUN/2min WALK repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

30^{min} 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.



xercises Name	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
ack Step .ight Resistance Band)	16	18	20	22	24	26
de Plank	20s	22s	24s	26s	28s	30s
amsting bridge	14	16	18	20	22	23
ver head R. band press	10	11	12	13	14	15
wimmers	10	11	12	13	14	15
quats	10	11	12	13	14	15
ibialis Raises	20	22	24	26	28	30

