

TRAINING PLAN

STRONG VIKING



LET'S TRAIN AND BECOME A VIKING!

13KM
WARRIOR

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 WORKOUT

3 ROUNDS

Exercises Name	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
Side Step (Medium Resistance Band)	20	22	24	26	28	30
Plank	40s	45s	50s	55s	60s	65s
Bridge (Medium Resistance Band)	20	22	24	26	28	30
Squat Crunch	15	16	17	18	19	20
Shoulder Taps	15	16	17	18	19	20
Lean back body twist	20	21	22	23	24	25

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

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 (Medium Resistance Band)	20	22	24	26	28	30
Side Plank	20s	22s	24s	26s	28s	30s
Hamsting bridge	18	20	22	24	26	28
Over head R.press	15	16	17	18	19	20
ATG Split Squats	12	13	14	15	16	17
Tibialis Raises	22	24	26	28	30	32

WEEK 1

DAY 1

8min RUN/ 2min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

35min 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

45min RUN EASY PACE

HOME WORKOUT DAY 2

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

10min RUN/ 2min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

55min RUN EASY PACE

HOME WORKOUT DAY 2

WEEK 6

DAY 1

10min RUN/ 1min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

60min RUN EASY PACE

HOME WORKOUT DAY 2

GOOD LUCK VIKINGS!

WE'LL SEE YOU IN WALHALLA



**GET YOUR TICKETS FOR
STRONG VIKING HERE**

