



TRAININGWEEKS



WEEK 1 DAY 1

8min RUN/2min WALK repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2 LONG RUN 5^{KM} EASY PACE

HOME WORKOUT DAY 2

DAY 3 **REPEAT DAY 1 OR 2**

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

WEEK 2 DAY 1

9min RUN/2min WALK repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

LONG RUN 6^{KM} EASY PACE

HOME WORKOUT DAY 2

DAY 3 **REPEAT DAY 1 OR 2**

WEEK 3 DAY 1

10min RUN/2min WALK repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

LONG RUN 7KM EASY PACE

HOME WORKOUT DAY 2

DAY 3 **REPEAT DAY 1 OR 2**

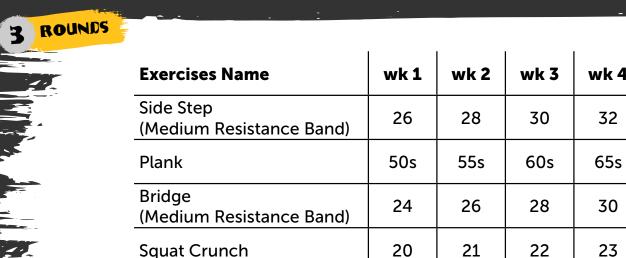
DAY 1 HOME WORKOUTS

20

25

21

26



Shoulder Taps

Lean back body twist

22

27

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.

23

28

34

70s

32

24

24

29

36

34

25

25

30

DAY 1

8min RUN/1min WALK repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

LONG RUN 8^{KM} EASY PACE

HOME WORKOUT DAY 2

DAY 3 **REPEAT DAY 1 OR 2**

DAY 1

9min RUN/1min WALK repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

LONG RUN 9^{KM} EASY PACE

HOME WORKOUT DAY 2

DAY 3 **REPEAT DAY 1 OR 2**

10min RUN/1min WALK repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

LONG RUN 10^{KM} EASY PACE

HOME WORKOUT DAY 2Y

DAY 3

REPEAT DAY 1 OR 2

