



TRAINING WEEKS



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

2^{min} RUN/ 2^{min} WALK repeat 6 rounds

HOME WORKOUT DAY 1

DAY 2

2^{min} RUN/ 2^{min} WALK repeat 6 rounds

HOME WORKOUT DAY 2

WEEK 3

DAY 1

3min RUN/ 2min WALK repeat 5 rounds

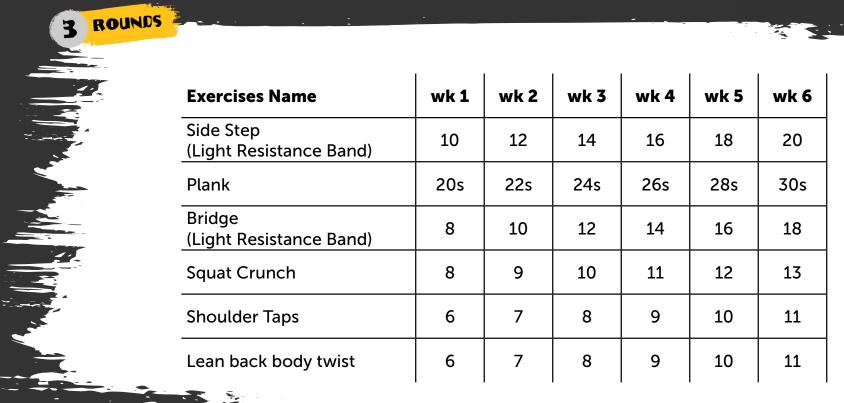
HOME WORKOUT DAY 1

DAY 2

3min RUN/ 2min WALK repeat 5 rounds

HOME WORKOUT DAY 2

DAY 1 HOME WORKOUT



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

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

4^{min} RUN/ 2^{min} 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

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.

