

TRAINING PLAN

STRONG VIKING



LET'S TRAIN AND BECOME A VIKING!

4KM
BEGINNER



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 (Light Resistance Band)	10	12	14	16	18	20
Plank	20s	22s	24s	26s	28s	30s
Bridge (Light Resistance Band)	8	10	12	14	16	18
Squat Crunch	8	9	10	11	12	13
Shoulder Taps	6	7	8	9	10	11
Lean back body twist	6	7	8	9	10	11

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)	10	12	14	16	18	20
Side Plank	10s	12s	14s	16s	18s	20s
Hamstring bridge	8	10	12	14	16	18
Over head R.press	8	9	10	11	12	13
ATG Split Squats	6	7	8	9	10	11
Tibialis Raises	12	14	16	18	20	22

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

2min RUN/ 2min WALK
repeat 6 rounds

HOME WORKOUT DAY 1

DAY 2

2min RUN/ 2min 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

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

4min RUN/ 2min 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

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

GOOD LUCK VIKINGS!

WE'LL SEE YOU IN WALHALLA



**GET YOUR TICKETS FOR
STRONG VIKING HERE**

