

TRAINING PLAN

STRONG VIKING



LET'S TRAIN AND BECOME A VIKING!



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)	16	18	20	22	24	26
Plank	30s	32s	34s	36s	38s	40s
Bridge (Light Resistance Band)	14	16	18	20	22	24
Squat Crunch	12	13	14	15	16	17
Shoulder Taps	10	11	12	13	14	15
Lean back body twist	12	13	14	15	16	17

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 (Light Resistance Band)	16	18	20	22	24	26
Side Plank	15s	17s	19s	21s	23s	25s
Hamsting bridge	12	14	16	18	20	22
Over head R.press	10	11	12	13	14	15
ATG Split Squats	8	9	10	11	12	13
Tibialis Raises	18	20	22	24	26	28

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

DAY 1

7min RUN/ 2min WALK
repeat 4 rounds

HOME WORKOUT DAY 1

DAY 2

7min RUN/ 2min WALK
repeat 5 rounds

HOME WORKOUT DAY 2

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

WEEK 6

DAY 1

7min RUN/ 2min WALK
repeat 5 rounds

HOME WORKOUT DAY 1

DAY 2

30min RUN EASY PACE

HOME WORKOUT DAY 2

GOOD LUCK VIKINGS!

WE'LL SEE YOU IN WALHALLA



**GET YOUR TICKETS FOR
STRONG VIKING HERE**

