



# TRAINING WEEKS



## **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

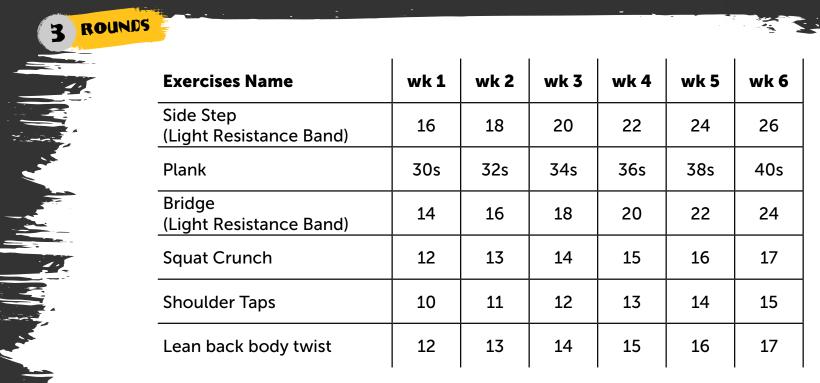
**HOME WORKOUT DAY 1** 

## DAY 2

7min RUN/ 2min WALK repeat 5 rounds

**HOME WORKOUT DAY 2** 

# DAY 1 HOME WORKOUT



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

William 1

# WEEK 4

## DAY 1

7min RUN/ 2min WALK repeat 5 rounds

**HOME WORKOUT DAY 1** 

## DAY 2

**20**min 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

**30**min 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

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.

<b>Exercises Name</b>	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
Back Step (Light Resistance Band)	16	18	20	22	24	26
ide 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

