

# TRAINING PLAN

## STRONG VIKING



**LET'S TRAIN AND BECOME A VIKING!**

**19KM**  
**BEAST** 

# 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



## WEEK 1

### DAY 1

8min **RUN/ 2min WALK**  
repeat 4 rounds

HOME WORKOUT DAY 1

### DAY 2

LONG RUN 5<sup>KM</sup> EASY PACE

HOME WORKOUT DAY 2

### DAY 3

REPEAT DAY 1 OR 2

## WEEK 2

### DAY 1

9min **RUN/ 2min WALK**  
repeat 4 rounds

HOME WORKOUT DAY 1

### DAY 2

LONG RUN 6<sup>KM</sup> 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 7<sup>KM</sup> EASY PACE

HOME WORKOUT DAY 2

### DAY 3

REPEAT DAY 1 OR 2

## DAY 1 HOME WORKOUTS

3 ROUNDS

Exercises Name	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
Side Step Light (Medium Resistance Band)	30	32	34	36	38	40
Plank	60s	65s	70s	75s	80s	85s
Push ups	20	21	22	23	24	25
ATG Split Squats	26	28	30	32	34	36
Pike walks	20	21	22	23	24	25
Rows	20	21	22	23	24	25
Lean back body twist	30	32	34	36	38	40

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

## WEEK 4

### DAY 1

8min **RUN/ 1min WALK**  
repeat 5 rounds

HOME WORKOUT DAY 1

### DAY 2

LONG RUN 8<sup>KM</sup> EASY PACE

HOME WORKOUT DAY 2

### DAY 3

REPEAT DAY 1 OR 2

## WEEK 5

### DAY 1

9min **RUN/ 1min WALK**  
repeat 5 rounds

HOME WORKOUT DAY 1

### DAY 2

LONG RUN 9<sup>KM</sup> EASY PACE

HOME WORKOUT DAY 2

### DAY 3

REPEAT DAY 1 OR 2

## WEEK 6

### DAY 1

10min **RUN/ 1min WALK**  
repeat 5 rounds

HOME WORKOUT DAY 1

### DAY 2

LONG RUN 10<sup>KM</sup> EASY PACE

HOME WORKOUT DAY 2Y

### DAY 3

REPEAT DAY 1 OR 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.

3 ROUNDS

Exercises Name	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
Back Step (Medium Resistance Band)	30	32	34	36	38	40
Side Plank	25s	27s	29s	31s	33s	35s
Hamstring bridge	20	22	24	26	28	30
Over head R. band press	15	16	17	18	19	20
Swimmers	15	16	17	18	19	20
Squats	15	16	17	18	19	20
Tibialis Raises	28	30	32	34	36	38

# GOOD LUCK VIKINGS!

## WE'LL SEE YOU IN WALHALLA



**GET YOUR TICKETS FOR  
STRONG VIKING HERE**

