

TRAINING PLAN

STRONG VIKING-GYM



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 runday. 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.

Workout explanation

You can train with **THREE** simple options — choose what fits your week best:

1

4 sessions perweek

DAY	WORKOUT
MONDAY	FBW A
TUESDAY	EASY
WEDNESDAY	FBW B
THURSDAY	REST
FRIDAY	INTERVAL
SATURDAY	STRETCH/WALK
SUNDAY	REST

4 sessions per week
2x Gym (Full Body A + B)
2x Running (Easy + Intervals)

2

Advanced HYBDRID FOCUS
(5 sessions/week - gym focused)

DAY	WEEK 1	WEEK 2
MONDAY	FBW A	FBW B
TUESDAY	EASY RUN	EASY RUN
WEDNESDAY	FBW B	FBW A
THURSDAY	REST	REST
FRIDAY	INTERVAL GYM OR FBW A	FBW B
SATURDAY	REST	REST
SUNDAY	INTERVAL	INTERVAL

3x Gym (Full Body A + B + Interval gym)
or 3 times: ABA → next week BAB
2x Running (Easy + Intervals)

3

Advanced HYBRID FOCUS
(5 sessions/week - more running)

DAY	WEEK 1	WEEK 2
MONDAY	FBW A	FBW A
TUESDAY	EASY RUN	EASY RUN
WEDNESDAY	FBW B	FBW B
THURSDAY	REST	REST
FRIDAY	INTERVAL	INTERVAL
SATURDAY	REST	REST
SUNDAY	EASY	VO ₂ MAX

2x Gym (Full Body A + B)
3x Running (Easy + Intervals +
every second week replace easy run
with vo2manx)

Strong viking gym Women Plan follows a 6-week training block, followed by a deload and restart. It's designed with extra focus on upper body strength and core stability, helping you build power, balance, and control while developing full hybrid fitness.

You can rotate the 5-day plan — one week more running, the next more gym



RUNNING WEEKS

Check our video explanation about runs [HERE](#) 

EASY RUN

Run at a comfortable pace —
you should be able to talk easily-or run on HEART RATE
Duration: 30–70min 5/13km depending on level.

PROGRESSIVE INTERVAL

Run each fast segment around 30–40 seconds
faster per km than your Easy Run pace,
or at 85–90% of your max heart rate if you use a HR monitor

1,5km warm up easy pace →
6/8/10x 400/600/800m → 2min jog/walk between →
1km cool down slower than your easy pace

EVERY SECOND Week VO₂max

1,5km warm up easy pace →
4x4min 85/90% of max HR → 3min jog/walk between →
1km cool down slower than your easy pace

Each week, slowly increase the speed
or number of intervals — not both at once

DELOAD

After 6 weeks, train lighter for 1 week.
Reduce volume by 30–40%, move gently, stretch, or walk.
This helps your body recover and come back stronger.
Try to walk more or stretch during deload

19 20

Simple stretching routine for home and gym [HERE](#) 

What to eat before runs [HERE](#) 

WEEK 1

EASY RUN 7km

6x400m
For example pace 5:00/5:10
2min jog between

Extra 5km easy run

WEEK 2

EASY RUN 7km

8x400m
For example pace 5:00/5:10
2min jog between

VO₂max

WEEK 3

EASY RUN 8km

10x400m
For example pace 5:00/5:10
2min jog between

Extra 5km easy run

WEEK 4

EASY RUN 8km

6x600m
For example pace 5:00/5:10
2min jog between

VO₂max

WEEK 5

EASY RUN 9km

8x600m
For example pace 5:00/5:10
2min jog between

Extra 6km easy run

WEEK 6

EASY RUN 9/10km

10x600m
For example pace 5:00/5:10
2min jog between

VO₂max

GYM WORKOUTS

FULL BODY WORKOUT A (FBW A)

EXERCISE NAME		WEEK 1	WEEK 2	WEEK 3
HIP THRUST HIGH REPS		8REPS	10REPS	12REPS
PULL UPS	NEGATIVE PULL UPS	4	5	6
ROMANIAN DEADLIFT A		8REPS	9REP	10REPS
PLANK B		FROM 20S TO 40S		
BULGARIAN SPLIT SQUATS A		8REPS	9REPS	10REPS
LATERAL RAISE B		FROM 8 TO 16 REPS (1 REP PER WEEK)		
GLUTE MEDIUS HIP THRUST A		FROM 8 TO 16 REPS (1 REP PER WEEK)		
ARNOLD PRESS B		8REPS	9REPS	10REPS
SEATED CABLE ROW		8REPS	9REPS	10REPS
FARMER HOLD		30S	35S	40S

Click on an exercise name
to see the explanation video

FULL BODY WORKOUT B (FBW B)

EXERCISE NAME		WEEK 1	WEEK 2	WEEK 3
PULL UPS	NEGATIVE PULL UPS	4	5	6
DUMBBELL PRESS		8REPS	9REP	10REPS
3 POINT ROW		8REPS	9REPS	10REPS
ATG SPLIT SQUATS A		8REPS	9REPS	10REPS
TIBIALIS RAISES B		FROM 8 TO 16 REPS (1 REP PER WEEK)		
NORDIC HAMSTRING BRIDGE A		8REPS	9REPS	10REPS
FARMER WALK B		FROM 20S TO 40S		
FACE PULL A		8REPS	10REPS	12REPS
CABLE CRUNCH B		10REPS	12REPS	14REPS
ABDUCTION MACHINE		22REPS	24REPS	26REPS
BAR HANG		20S	25S	30S

FOLLOW YOUR PROGRESS AND DOWNLOAD EXCEL SHEETS [HERE](#)

Interval GYM

EXERCISE NAME		WEEK 1	WEEK 2	WEEK 3
WARM UP 1/2KM				
400/600M/800M RUN				
PULL UPS	NEGATIVE PULL UPS	3	4	5
PUSH UPS		10	12	14
400/600M/800M RUN				
PULL UPS	NEGATIVE PULL UPS	3	4	5
PUSH UPS		10	12	14
400/600M/800M RUN				
PULL UPS	NEGATIVE PULL UPS	3	4	5
PUSH UPS		10	12	14
400/600M/800M RUN				
MAX 8 ROUNDS FINISH THE WORKOUT WITH 1 KM COOLING DOWN EASY PACE				

Colour = Superset
How supersets work
[HERE](#)

HOW TO DO PULL UPS
NEGATIVE PULL UPS
[HERE](#)



PROGRESSION

First, focus on progressing with repetitions before increasing the weight.
In the beginning, try adding 1 rep per week.
As you follow the program longer, progress will naturally slow down
Only increase the weight when you can complete 3 sets of 10 reps
with good form (for example, in the bench press)

DELOAD WEEK

After 6 weeks of training, take one lighter week to recover.
Reduce your weights and total volume by about 30–40%.
Keep moving — focus on form, stretching, and mobility.
This active recovery helps your body adapt and come back stronger
for the next block

GOOD LUCK VIKINGS!

WE'LL SEE YOU IN WALHALLA



**GET YOUR TICKETS FOR
STRONG VIKING [HERE](#)**

