



## Suggested instructions and training

### Training #1 (stationary bike/run) Aerobic

Warm-up 5min

4 x 7min of work with 3min of rest in between (40min in total)

In running: Heart rate  $\approx$  75-80% of max during intervals

OR

In stationary bike: Power  $\approx$  170 watts during intervals

### Training #2 (run) Anaerobic

Warm-up 5min

400meter run every 2:30min for 10 times (25min in total)

- 400m run; if you run 400m in 1:30 then you rest 1min before you start again

### Training #3 (stationary bike/run) VO<sub>2</sub>max

5 x 5min of work with 3min of rest in between (40min in total)

In running: Heart rate  $\approx$  90% of max during intervals

OR

In stationary bike: Power  $\approx$  250 watts during intervals

## Training #4 Core + injury prevention

Copenhagen adductor 2 x 8

Nordic hamstring 2 x 8

Reverse Nordic 2 x 8

Tabata core

20sec on/10sec off x 8 (4minutes)

- Jackknife
- Plank + arm lift

2min rest

20sec on/10sec off x 8 (4minutes)

- Russian twist
- Bird dog

2min rest

Side plank hold (both sides 3 times)

Side star plank hold (right side) 30sec

Side star plank hold (left side) 30sec