

Navn
Dato

Workout Cardio #1

1 Løb (opvarmning)							Note: + 5-10 min dynamisk udstræk
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	6-8 min	-	1	2 min	1	4-5	
2	6-8 min	-	1	2 min	1	4-5	
3	6-8 min	-	1	2 min	1	4-5	
4	6-8 min	-	1	2 min	1	4-5	

2 Løb							Note: All out - gerne op ad bakke
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	20s	120	1	-	10	10	
2	20s	120	1	-	10	10	
3	20s	120	1	-	10	10	
4	20s	120	1	-	10	10	

3 Løb							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	30s	60	1	-	6	10	
2	30s	60	1	-	8	10	
3	30s	60	1	-	8	10	
4	30s	60	1	-	10	10	

							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	-	-	-	-	-	-	
2	-	-	-	-	-	-	
3	-	-	-	-	-	-	
4	-	-	-	-	-	-	

							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	-	-	-	-	-	-	
2	-	-	-	-	-	-	
3	-	-	-	-	-	-	
4	-	-	-	-	-	-	

							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	-	-	-	-	-	-	
2	-	-	-	-	-	-	
3	-	-	-	-	-	-	
4	-	-	-	-	-	-	

							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	-	-	-	-	-	-	
2	-	-	-	-	-	-	
3	-	-	-	-	-	-	
4	-	-	-	-	-	-	

RELATIVE STRENGTH

1 2 3 4 5
100% 94% 90% 88% 85%

FUNCTIONAL HYPERTROPHY

6 7 8
83% 80% 78%

HYPERTROPHY

9 10 11 12
76% 74% 72% 70%

STRENGTH ENDURANCE

13 14 15 16 17 18 19 20
68% 67% 66% 65% 63% 62% 61% 60%

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Workout Cardio #2

1 Løb							Note: Opvarmning
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	4 min	-	1	1 min	1	4-5	
2	4 min	-	1	1 min	1	4-5	
3	4 min	-	1	1 min	1	4-5	
4	4 min	-	1	1 min	1	4-5	

2 Løb							Note: Gerne shuttle run = retningskifte
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	15s	45s	1	-	5	10	
2	15s	45s	1	-	5	10	
3	15s	45s	1	-	5	10	
4	15s	45s	1	-	5	10	

3 Løb							Note: Gerne shuttle run = retningskifte
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	45s	15s	1	-	5	10	
2	45s	15s	1	-	5	10	
3	45s	15s	1	-	5	10	
4	45s	15s	1	-	5	10	

4 Løb							Note: Gerne shuttle run = retningskifte
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	15s	45s	1	-	5	10	
2	15s	45s	1	-	5	10	
3	15s	45s	1	-	5	10	
4	15s	45s	1	-	5	10	

5 Løb							Note: Gerne shuttle run = retningskifte
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	45s	15s	1	-	5	10	
2	45s	15s	1	-	5	10	
3	45s	15s	1	-	5	10	
4	45s	15s	1	-	5	10	

6 Løb							Note: Fuld skrald
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	30s	30s	1	-	4	10	
2	30s	30s	1	-	5	10	
3	30s	30s	1	-	6	10	
4	30s	30s	1	-	7	10	

Note:							
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	-	-	-	-	-	-	
2	-	-	-	-	-	-	
3	-	-	-	-	-	-	
4	-	-	-	-	-	-	

RELATIVE STRENGTH

1 2 3 4 5
100% 94% 90% 88% 85%

FUNCTIONAL HYPERTROPHY

6 7 8
83% 80% 78%

HYPERTROPHY

9 10 11 12
76% 74% 72% 70%

STRENGTH ENDURANCE

13 14 15 16 17 18 19 20
68% 67% 66% 65% 63% 62% 61% 60%