

Navn _____ Workout Cardio #1
 Dato _____

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	10s	120	1	-	10	10	
2	10s	120	1	-	10	10	
3	10s	120	1	-	10	10	
4	10s	120	1	-	10	10	

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

Navn
 Dato

Workout Cardio #2

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

3 Løb							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	Gerne shuttle run = retningskifte
1	20s	20s	1	-	8	10	
2	20s	20s	1	-	8	10	
3	20s	20s	1	-	8	10	
4	20s	20s	1	-	8	10	

4 Løb							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	Gerne shuttle run = retningskifte
1	30s	30s	1	-	8	10	
2	30s	30s	1	-	8	10	
3	30s	30s	1	-	8	10	
4	30s	30s	1	-	8	10	

5 Løb							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	Gerne shuttle run = retningskifte
1	45s	45s	1	-	6	10	
2	45s	45s	1	-	6	10	
3	45s	45s	1	-	6	10	
4	45s	45s	1	-	6	10	

6 Løb							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	Fuld skrald
1	60s	10s	1	-	4	10	
2	60s	10s	1	-	4	10	
3	60s	10s	1	-	4	10	
4	60s	10s	1	-	4	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%