

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 Broad jumps							Note: All out
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	3 reps	60s	1	-	4	10	
2	3 reps	60s	1	-	4	10	
3	3 reps	60s	1	-	4	10	
4	3 reps	60s	1	-	4	10	

3 Sprint (trappe/bakkeløb gerne)							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	10s	60s	6	3 min	2	10	
2	10s	60s	8	3 min	2	10	
3	10s	60s	8	3 min	2	10	
4	10s	60s	10	3 min	2	10	

4 Sprint (eller agility drills)							Note:
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	5s	90s	15	-	-	10	
2	5s	90s	15	-	-	10	
3	5s	90s	15	-	-	10	
4	5s	90s	15	-	-	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	-	-	-	-	-	-	

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: 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	60s	60s	4	-	1	10	
2	60s	60s	4	-	1	10	
3	60s	60s	4	-	1	10	
4	60s	60s	4	-	1	10	

3 Løb							Note: Gerne baglæns
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	45s	45s	6	-	1	10	
2	45s	45s	6	-	1	10	
3	45s	45s	6	-	1	10	
4	45s	45s	6	-	1	10	

4 Løb							Note: Gerne shuttle run = retningskifte
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	30s	30s	6	-	1	10	
2	30s	30s	6	-	1	10	
3	30s	30s	6	-	1	10	
4	30s	30s	6	-	1	10	

5 Løb							Note: Gerne shuttle run = retningskifte
Week	Arbejdstid	Rest	Reps	Recovery	Sets	RPE	
1	15s	15s	8	-	1	10	
2	15s	15s	8	-	1	10	
3	15s	15s	8	-	1	10	
4	15s	15s	8	-	1	10	

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

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

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HYPERTROPHY

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STRENGTH ENDURANCE

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 68% 67% 66% 65% 63% 62% 61% 60%