

Löpträning med Sonja Roxner

TIME:	Friday 29 oct 2021	Saturday 30 oct 2021	Sunday 31 oct 2021	Monday 1 nov 2021	Tuesday 2 nov 2021	Wednesday 3 nov 2021	Thursday 4 nov 2021	Friday 5 nov 2021
Morning		Morning jog (30-40 min)	Morning jog (30-40 min)	Morning jog (30-40 min)		Morning jog (30-40 min)	Morning jog (30-40 min)	Morning jog (30-40 min)
Morning		Core, stretch, relax (30 min)	Strength for runners (30 min)	Core, stretch, relax (30 min)	Long distance run, easy pace approx 15-18 km (ca 2 tim)	Mobility training for runners (30 min)	Core, stretch, relax (30 min)	
Afternoon	Easy distance run 6-8 km (60-70 min)	Running Drills / technique and distance (60-70 min)	Distance running with increased pace (60-70 min)	Running- mixed intervals (60-70 min)		Run technique + hill intervalls (60-70 min)	Distance running slow pace (60-70 min)	
Afternoon		Core stability for runners						

The program is preliminary, changes may occur.

At La Pared with Sonja Roxner

All participation is at your own risk

The classes are held in Swedish and English.

All training is free of charge.

Please arrive on time wearing sports clothes, and bring your own water bottle.