

Löpträning med Sonja Roxner

TIME:	Friday 7 jan 2022	Saturday 8 jan 2022	Sunday 9 jan 2022	Monday 10 jan 2022	Tuesday 11 jan 2022	Wednesday 12 jan 2022	Thursday 13 jan 2022	Friday 14 jan 2022
Morning		Morning jog (30-40 min)	Morning jog (30-40 min)	Morning jog (30-40 min)	Long distance run, easy pace approx 15-18 km (ca 2 tim)	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)		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.