

Löpträning med Sonja Roxner

TIME:	Saturday 24 July	Sunday 25 July	Monday 26 July	Tuesday 27 July	Wednesday 28 July	Thursday 29 July	Friday 30 July	Saturday 31 July
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 Porto Myrina 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.