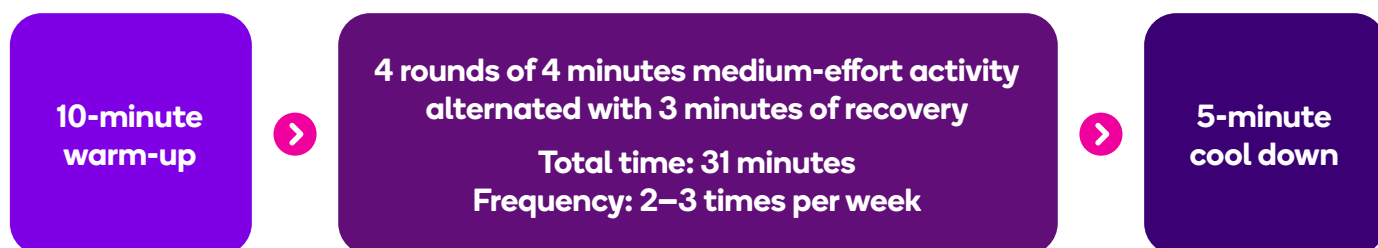


The Norwegian 4x4 Interval Workout

This training method is a simple, time-efficient way to improve your heart health. It consists of:



Important notes:

- You should be able to hold a short conversation at your easiest pace.
- During harder paces, talking should feel difficult, but not impossible.
- If you feel dizzy or experience chest pain, stop immediately.
- If you have health concerns, consult a professional before starting.

Level 1: Brisk Walking Intervals							
Warm up:		Intervals:		Recovery phase:		Cool down:	
Begin with slow walking, gradually increase the pace every couple of minutes.		Walk at your fastest sustainable pace for 4 minutes.		Slow down to an easy, relaxed walk for 3 minutes.		Walk slowly for 5-minutes, letting your breathing return to normal.	
By the end of the 10-minutes you should feel warmer and be breathing a bit deeper.		You should be breathing heavily but feel in control.		Catch your breath and let your heart rate lower.			
Effort Level	3-4/10	Effort Level	6-7/10	Effort Level	2-3/10	Effort Level	1/10
Repeat the above sections 4 times							

Level 2: Walk/Run Intervals

Warm up:		Intervals:		Recovery phase:		Cool down:	
<p>Begin walking, gradually increase the speed to build to a brisk walking pace.</p> <p>By the end of the 10-minutes you should feel warmer and be breathing a bit deeper.</p>		<p>Jog at a pace where breathing is heavy and talking is difficult.</p>		<p>Slow down to an easy, relaxed walk for 3 minutes.</p> <p>Catch your breath and let your heart rate lower.</p>		<p>Walk slowly for 5-minutes, letting your breathing return to normal.</p>	
Effort Level	3-4/10	Effort Level	6-7/10	Effort Level	2-3/10	Effort Level	1/10

Repeat the above sections 4 times

What success looks like:

- ✔ You complete the session – even if slower than planned
- ✔ You feel slightly out of breath, but recovered within a few minutes
- ✔ You're able to repeat the workout later in the week