

Norwegian 4x4 workout

40-minute protocol + session log | Ramp4x4 / Archline Labs

Time	Phase	Effort
0:00-10:00	Warmup	Easy, conversational
10:00-14:00	Work 1	Hard, repeatable
14:00-17:00	Recovery	Easy, keep moving
17:00-21:00	Work 2	Hard, repeatable
21:00-24:00	Recovery	Easy
24:00-28:00	Work 3	Hard, repeatable
28:00-31:00	Recovery	Easy
31:00-35:00	Work 4	Hard, repeatable
35:00-40:00	Cooldown	Ease down gradually

Work target: 85-95% of maximum heart rate. Let heart rate rise gradually; do not sprint to force a reading. Choose an effort you can repeat with controlled form.

This schedule has four work intervals and three recoveries. After interval four, move straight to the five-minute cooldown.

My session

Date: _____ Activity: _____ Max HR used: _____ bpm

Interval	Pace / speed / split	Effort / notes
1		
2		
3		
4		

Next-day recovery / adjustment: _____

Educational guide. Seek individual advice if you have a medical concern about vigorous exercise. Adapt or stop a session if you feel unwell.

Source: NTNU CERG - ntnu.edu/cerg/advice

Tools: archlinelabs.com/ramp4x4/norwegian-4x4/ | Updated September 12, 2026