

START TO RUN

Tussen 2 trainingen dient minimum 1 dag rust in het schema ingepast te worden.

 = wandelen

 = lopen

Samenvatting

												lopen	wandelen	Totaal		
week 1	training 1	1'	1'	2'	2'	2'	2'	2'	2'	2'	1'	1'	10'	10'	20'	
	training 2	1'	1'	2'	2'	2'	2'	2'	2'	2'	1'	1'	10'	10'	20'	
	training 3	1'	1'	2'	2'	2'	2'	2'	2'	2'	1'	1'	10'	10'	20'	
week 2	training 1	1'	1'	1'	1'	3'	3'	3'	3'	2'	2'	2'	2'	12'	12'	24'
	training 2	1'	1'	1'	1'	3'	3'	3'	3'	2'	2'	2'	2'	12'	12'	24'
	training 3	1'	1'	1'	1'	3'	3'	3'	3'	2'	2'	2'	2'	12'	12'	24'
week 3	training 1	2'	2'	2'	2'	4'	3'	3'	3'	3'	3'	14'	13'	27'		
	training 2	2'	2'	2'	2'	4'	3'	3'	3'	3'	3'	14'	13'	27'		
	training 3	2'	2'	2'	2'	4'	3'	3'	3'	3'	3'	14'	13'	27'		
week 4	training 1	3'	2'	4'	3'	4'	3'	3'	2'	3'	2'	17'	12'	29'		
	training 2	3'	2'	4'	3'	4'	3'	3'	2'	3'	2'	17'	12'	29'		
	training 3	3'	2'	4'	3'	4'	3'	3'	2'	3'	2'	17'	12'	29'		
week 5	training 1	4'	3'	5'	3'	5'	3'	4'	3'	18'	12'	30'				
	training 2	4'	3'	5'	3'	5'	3'	4'	3'	18'	12'	30'				
	training 3	4'	3'	5'	3'	5'	3'	4'	3'	18'	12'	30'				
week 6	training 1	5'	2'	7'	2'	7'	2'	5'	2'	24'	8'	32'				
	training 2	5'	2'	7'	2'	7'	2'	5'	2'	24'	8'	32'				
	training 3	5'	2'	7'	2'	7'	2'	5'	2'	24'	8'	32'				
week 7	training 1	8'	2'	10'	3'	8'	2'	26'	7'	33'						
	training 2	8'	2'	10'	3'	8'	2'	26'	7'	33'						
	training 3	8'	2'	10'	3'	8'	2'	26'	7'	33'						
week 8	training 1	11'	2'	11'	2'	8'	1'	30'	5'	35'						
	training 2	11'	2'	11'	2'	8'	1'	30'	5'	35'						
	training 3	11'	2'	11'	2'	8'	1'	30'	5'	35'						
week 9	training 1	13'	2'	13'	2'	8'	1'	34'	5'	39'						
	training 2	13'	2'	13'	2'	8'	1'	34'	5'	39'						
	training 3	13'	2'	13'	2'	8'	1'	34'	5'	39'						
week 10	training 1	28'	1' of 2' wandelpauze naar eigen behoefte inlassen		28'	0'	28'									
	training 2	30'	1' of 2' wandelpauze naar eigen behoefte inlassen		30'	0'	30'									
	training 3	32'	1' of 2' wandelpauze naar eigen behoefte inlassen		32'	0'	32'									

Eindproef: 5 Km. Joggen zonder wandelpauze