

# RUN2DAY HARDLOOPSHEMA | DAM TOT DAMLOOP

RICHTTIJD: 1.00 - 16,1KM/U - 3.44MIN./KM - 6MIN./MIJL

Week	Training 1 Kort	Training 2 Interval	Training 3 Lang
1	25' 4.50/km	7 x 4' Rust: steeds 1min. wandelen	30' + 10' 4.50/km + 4.30/km
2	25' 4.50/km	5 x 4' + 2 x 10' Rust: steeds 1min. wandelen	30' + 10' 4.50/km + 4.30/km
3	25' 4.50/km	2',4',6',8',10' Rust: steeds 1min. wandelen	35' + 5' 4.50/km + 4.30/km
4	30' 4.50/km	8 x 5' 2min. Wandelen	35' + 10' 4.50/km + 4.30/km
5	30' 4.50/km	5 x 5' + 3 x 6' 2min. wandelen	35' + 3 x 1' 4.50/km + hard!
6	30' 4.50/km	10',8',6',4',2' + 20' rustig 2min. Rustig lopen	40' + 3 x 1' 4.50/km + hard!
7	30' 4.50/km	Rust	40' + 10' 4.30/km
8	30' 4.50/km	6 x 3' + 3 x 10' 2min. Rustig lopen	45' 4.20/km
9	30' 4.30/km	2',4',8',12',8',4',2' 2min. Wandelen	45' + 5' 4.20/km + 4.00/km
10	30' 4.30/km	10 x 1' + 3 x 10' 1min. Rustig lopen	45' + 3 x 1' 4.20/km + hard!
11	30' 4.30/km	2 x 15' + 5 x 3' 2min. Wandelen	50' 4.20/km
12	30' 4.30/km	6 x 5' + 5 x 1' 1min. Rustig lopen	45' + 10' 4.20/km + 4.00/km
13	40' 4.30/km	Rust	50' + 3 x 1' 4.20/km + hard!
14	40' 4.30/km	10 x 5 + 5 x 30" 2min. Wandelen	50' + 5' 4.20/km + 3.50/km
15	40' 4.30/km	5 x 30" + 5 x 10' 2min. Wandelen	60' 4.20/km + 3.50/km
16	40' 4.30/km	5 x 30" + 4 x 10' + 5 x 30" 2min. Rustig lopen	50' + 10 4.20/km + 3.50/km
17	45' 4.15/km	Rustweek	Rust
18	45' 4.15/km	15',10',5',10',15' 2min. Wandelpauze	60' 4.20/km
19	45' 4.15/km	5 x 10' + 5 x 1' 2min. Wandelpauze	50' + 15 4.10/km + hard!
20	45' 4.15/km	10 x 5' + 5 x 30" 1min. Rustig lopen	60' + 10' 4.10/km + hard!
21	45' 4.15/km	45' + 15' + 5' + 5 x 30" 2min. Rustig lopen	60' + 15' 4.00/km + 3.45/km
22	45' 4.15/km	Rust	70' + 5' 4.00/km + 3.45/km
23	45' 4.15/km	30' + 5 x 3' + 30' 2min. Rustig lopen	45' + 15' 4.00/km + 3.45/km
24	45' 4.15/km	30' + 5 x 3' + 30' 2min. Rustig lopen	60" + 10' 4.00/km + hard!
25	45' 4.15/km	6 x 10' + 5 x 1' 1min. Rustig lopen	Rust