

RUN4DAY HARDLOOPSHEMA | DAM TOT DAMLOOP

RICHTTIJD: 1.10 - 13,8KM/U - 4.21MIN./KM - 7MIN./MIJL

Week	Training 1 Kort	Training 2 Interval	Training 3 Lang
1	25' 5.30/km	7 x 3' Rust: steeds 1min. wandelen	30' + 10' 5.30/km + 5.00/km
2	25' 5.30/km	5 x 2' + 2 x 10' Rust: steeds 1min. wandelen	30' + 10' 5.30/km + 5.00/km
3	25' 5.30/km	2',4',6',8',10' Rust: steeds 1min. wandelen	35' + 5' 5.30/km + 5.00/km
4	30' 5.30/km	6 x 5' 2min. Wandelen	35' + 10' 5.30/km + 5.00/km
5	30' 5.30/km	5 x 4' + 2 x 6' 2min. wandelen	35' + 3 x 1' 5.30/km + hard!
6	30' 5.30/km	10',8',6',4',2' 2min. Rustig lopen	40' + 3 x 1' 5.30/km + hard!
7	30' 5.15/km	Rust	40' + 10' 5.15/km + 5.00/km
8	30' 5.15/km	6 x 3' + 4 x 5' 2min. Rustig lopen	45' 5.15/km
9	30' 5.15/km	2',4',8',12',8',4',2' 2min. Wandelen	45' + 5' 5.15/km + 5.00/km
10	30' 5.15/km	10 x 1' + 3 x 10' 1min. Rustig lopen	45' + 3 x 1' 5.15/km + hard!
11	30' 5.15/km	2 x 15' + 5 x 2' 2min. Wandelen	50' 5.15/km
12	30' 5.15/km	5 x 5' + 5 x 1' 1min. Rustig lopen	45' + 10' 5.15/km + 5.00/km
13	40' 5.15/km	Rust	50' + 3 x 1' 5.15/km + hard!
14	40' 5.00/km	8 x 5 + 5 x 30" 2min. Wandelen	50' + 5' 5.00/km + 4.45/km
15	40' 5.00/km	5 x 30" + 4 x 10' 2min. Wandelen	60' 5.00/km + 4.45/km
16	40' 5.00/km	5 x 30" + 4 x 10' + 5 x 30" 2min. Rustig lopen	50' + 10 5.00/km + 4.45/km
17	45' 5.00/km	Rustweek	Rust
18	45' 5.00/km	15',10',5',10',15' 2min. Wandelpauze	60' 5.00/km
19	45' 5.00/km	4 x 10' + 5 x 1' 2min. Wandelpauze	50' + 15 4.45/km + 4.30/km
20	45' 5.00/km	10 x 5' + 5 x 30" 1min. Rustig lopen	60' + 10' 4.45/km + 4.30/km
21	45' 5.00/km	30' + 15' + 5' + 5 x 30" 2min. Rustig lopen	60' + 15' 4.45/km + 4.30/km
22	45' 5.00/km	Rust	70' + 5' 4.45/km + 4.30/km
23	45' 5.00/km	30' + 5 x 3' + 20' 2min. Rustig lopen	45' + 15' 4.45/km + 4.20/km
24	45' 5.00/km	30' + 5 x 3' + 20' 2min. Rustig lopen	60" + 10' 4.45/km + hard!
25	45' 5.00/km	5 x 10' + 5 x 1' 1min. Rustig lopen	Rust