

RUN2DAY HARDLOOPSHEMA | DAM TOT DAMLOOP

RICHTTIJD: 1.30 - 10,7KM/U - 5.36MIN./KM - 9MIN./MIJL

| Week | Training 1 Kort | Training 2 Interval | Training 3 Lang |
|------|--------------------|---|---------------------------------|
| 1 | 25' 6.30/km | 5 x 3' Rust: steeds 1min. wandelen | 30' + 10' 6.30/km + 6.00/km |
| 2 | 25' 6.30/km | 5 x 2' + 1 x 10' Rust: steeds 1min. wandelen | 30' + 10' 6.30/km + 6.00/km |
| 3 | 25' 6.30/km | 4',6',8',10' Rust: steeds 1min. wandelen | 35' + 5' 6.30/km + 6.00/km |
| 4 | 30' 6.30/km | 5 x 4' 2min. Wandelen | 40' 6.30/km |
| 5 | 30' 6.30/km | 5 x 3' + 2 x 6' 2min. wandelen | 35' + 3 x 1' 6.30/km + hard! |
| 6 | 30' 6.30/km | 10',8',6',4', 2min. Rustig lopen | 40' + 3 x 1' 6.30/km + hard! |
| 7 | 30' 6.30/km | Rust | 40' + 10' 6.15/km + 5.50/km |
| 8 | 30' 6.15/km | 6 x 3' + 2 x 5' 2min. Rustig lopen | 45' 6.15/km |
| 9 | 30' 6.15/km | 4',8',12',8',4' 2min. Wandelen | 45' + 5' 6.15/km + 5.50/km |
| 10 | 30' 6.15/km | 10 x 1' + 2 x 10' 1min. Rustig lopen | 45' + 3 x 1' 6.15/km + hard! |
| 11 | 30' 6.15/km | 2 x 15' + 5 x 1' 2min. Wandelen | 50' 6.15/km |
| 12 | 30' 6.15/km | 5 x 5' + 5 x 1' 1min. Rustig lopen | 45' + 10' 6.15/km + 5.50/km |
| 13 | 40' 6.15/km | Rust | 50' + 3 x 1' 6.15/km + hard! |
| 14 | 40' 6.15/km | 5 x 5 + 5 x 30" 2min. Wandelen | 50' + 5' 6.15/km + 5.50/km |
| 15 | 40' 6.15/km | 5 x 30" + 4 x 10' 2min. Wandelen | 60' 6.00/km |
| 16 | 40' 6.00/km | 5 x 30" + 3 x 10' + 5 x 30" 2min. Rustig lopen | 50' + 10' 6.00/km + 5.45/km |
| 17 | 45' 6.00/km | Rustweek | Rust |
| 18 | 45' 6.00/km | 15',10',5',10',15' 2min. Wandelpauze | 60' 5.55/km |
| 19 | 45' 6.00/km | 4 x 10' + 3 x 1' 2min. Wandelpauze | 50' + 15' 6.00/km + 5.45/km |
| 20 | 45' 6.00/km | 10 x 5' 1min. Rustig lopen | 60' + 10' 6.00/km + 5.45/km |
| 21 | 45' 6.00/km | 30' + 15' + 5' 2min. Rustig lopen | 60' + 15' 6.00/km + 5.45/km |
| 22 | 45' 6.00/km | Rust | 70' + 5' 6.00/km + 5.45/km |
| 23 | 45' 6.00/km | 30' + 5 x 2' + 20' 2min. Rustig lopen | 45' + 15' 5.50/km + hard! |
| 24 | 45' 6.00/km | 30' + 5 x 2' + 20' 2min. Rustig lopen | 60" + 10' 5.50/km + hard! |
| 25 | 45' 6.00/km | 5 x 8' + 5 x 1' 1min. Rustig lopen | Rust |