

RUN **HARDLOOPSHEMA | DAM TOT DAMLOOP**

RICHTTIJD: 30:00 - 16KM/U - 3.45MIN./KM - 6.02MIN./MIJL

Week	Training 1 Duur	Training 2 Interval	Training 3 Extra
1	20' 5.00/km	5 x 3' Rust: steeds 2min. Wandelen	
2	20' 5.00/km	6',8',10' Rust: steeds 2min. Wandelen	
3	25' 4.50/km	5 x 3' + 2 x 6' 2min. Wandelen	
4	25' 4.50/km	10',8',6',4' 2min. Rustig lopen	
5	30' 4.40/km	12',8',4' 2min. Wandelen	10' + 15' 4.50/km + hard!
6	30' 4.40/km	5 x 5' + 5 x 1' 1min. Rustig lopen	20' + 10' 4.50/km + hard!
7	40' 4.30/km	5 x 30" + 4 x 10' 2min. Wandelen	20' + 15' 4.30/km + hard
8	40' 4.30/km	3 x 10' + 5 x 30" 1min. Rustig lopen	20' + 15' + 5' 4.30/km + hard
9	45' 4.30/km	15',10',15' 2min. Wandelpauze	15' + 15' 4.30/km + hard
10	45' 4.20/km	20' + 5 x 2' + 20' 2min. Rustig lopen	15' + 5x1' + 15' 4.20/km + hard
11	45' 4.20/km	15' + 5 x 2' + 15' 2min. Rustig lopen	10' + 3 x 8' 4.20/km + hard
12	45' 4.20/km	4 x 8' + 5 x 1' 2min. Rustig lopen	Rust