

RUN2**DAY** **HARDLOOPSHEMA** | **DAM TOT DAMLOOP**

RICHTTIJD: 35:00 - 13,7KM/U - 4.23MIN./KM - 7.02MIN./MIJL

Week	Training 1 Duur	Training 2 Interval	Training 3 Extra
1	20' 5.45/km	5 x 3' Rust: steeds 2min. Wandelen	
2	20' 5.45/km	6',8',10' Rust: steeds 2min. Wandelen	
3	25' 5.45/km	5 x 3' + 2 x 6' 2min. Wandelen	
4	25' 5.45/km	10',8',6',4' 2min. Rustig lopen	
5	30' 5.45/km	Rust	"Rust tussen intervals is aangegeven met R=..min"
6	30' 5.45/km	10 x 1' + 15' 1min. Rustig lopen	20' + 3 x 2' 5.50/km + hard! R=2'
7	40' 5.45/km	2 x 15' + 5 x 1' 2min. Wandelen	20' + 3 x 3' 5.50/km + hard! R=2'
8	40' 5.45/km	Rust	15' + 15' 5.50/km + hard!
9	45' 5.30/km	5 x 30" + 4 x 10' 2min. Wandelen	20' + 15' 5.30/km + hard
10	45' 5.15/km	3 x 10' + 3 x 1' 2min. Wandelpauze	20' + 5 x 1 5.15/km + hard
11	45' 5.15/km	15' + 5 x 2' + 15' 2min. Rustig lopen	10' + 3 x 8' 5.15/km + hard
12	45' 5.15/km	4 x 8' + 5 x 1' 2min. Rustig lopen	Rust