

RUN2**DAY** **HARDLOOPSCHEMA** | **DAM TOT DAMLOOP**

RICHTTIJD: 40:00 - 12,0KM/U - 5.00MIN./KM - 8.03MIN./MIJL

Week	Training 1 Duur	Training 2 Interval	Training 3 Extra
1	3 x 5' 6.00/km	5 x 3' Rust: steeds 2min. Wandelen	
2	2 x 10' 6.00/km	2', 4', 6', 8 Rust: steeds 2min. Wandelen	
3	20' 6.00/km	3 x 3' + 2 x 6' 2min. Wandelen	
4	20' 6.00/km	8', 6', 4', 2' 2min. Rustig lopen	
5	20' 6.00/km	Rust	"Rust tussen intervals is aangegeven met R=..min"
6	25' 6.00/km	10 x 1' + 15' 1min. Rustig lopen	20' + 3 x 2' 5.50/km + hard! R=2'
7	30' 6.00/km	2 x 10' + 5 x 1' 2min. Wandelen	20' + 3 x 3' 5.50/km + hard! R=2'
8	30' 6.00/km	Rust	15' + 15' 5.50/km + hard!
9	30' 5.45/km	5 x 30" + 3 x 10' 2min. Wandelen	20' + 15' 5.40/km + hard
10	45' 5.45/km	3 x 10' + 3 x 1' 2min. Wandelpauze	20' + 5 x 1 5.40/km + hard
11	40' 5.45/km	15' + 5 x 2' + 15' 2min. Rustig lopen	10' + 3 x 8' 5.40/km + hard
12	40' 5.45/km	4 x 8' + 5 x 1' 2min. Rustig lopen	Rust