

# RUN2DAY HARDLOOPSHEMA | DAM TOT DAMLOOP

RICHTTIJD: 45:00 - 10,67KM/U - 5.38MIN./KM - 9.08MIN./MIJL

| Week | Training 1<br>Duur | Training 2<br>Interval                       | Training 3<br>Extra                               |
|------|--------------------|--|---|
| 1    | 3 x 5'<br>6.45/km  | 5 x 3'<br>Rust: steeds 2min. Wandelen        |   |
| 2    | 2 x 10'<br>6.45/km | 2', 4', 6', 8<br>Rust: steeds 2min. Wandelen |   |
| 3    | 20'<br>6.45/km     | 3 x 3' + 2 x 6'<br>2min. Wandelen            |   |
| 4    | 20'<br>6.45/km     | 8', 6', 4', 2'<br>2min. Rustig lopen         |   |
| 5    | 20'<br>6.45/km     | Rust   | "Rust tussen intervals is aangegeven met R=..min" |
| 6    | 25'<br>6.45/km     | 10 x 1' + 15'<br>1min. Rustig lopen          | 20' + 3 x 2'<br>6.40/km + hard! R=2'              |
| 7    | 30'<br>6.45/km     | 2 x 10' + 5 x 1'<br>2min. Wandelen           | 20' + 3 x 3'<br>6.40/km + hard! R=2'              |
| 8    | 30'<br>6.45/km     | Rust   | 15' + 15'<br>6.40/km + hard                       |
| 9    | 30'<br>6.30/km     | 5 x 30" + 3 x 10'<br>2min. Wandelen          | 20' + 15'<br>6.20/km + hard                       |
| 10   | 45'<br>6.30/km     | 3 x 10' + 3 x 1'<br>2min. Wandelpauze        | 20' + 5 x 1<br>6.20/km + hard                     |
| 11   | 40'<br>6.20/km     | 15' + 5 x 2' + 15'<br>2min. Rustig lopen     | 10' + 3 x 8'<br>6.20/km + hard                    |
| 12   | 40'<br>6.20/km     | 4 x 8' + 5 x 1'<br>2min. Rustig lopen        | Rust  |