

RUN²DAY HARDLOOPSHEMA | DAM TOT DAMLOOP

RICHTTIJD: 50:00 - 9,6KM/U - 6.15MIN./KM - 10.04MIN./MIJL

Week	Training 1 Duur	Training 2 Interval	Training 3 Extra
1	3 x 5' 7.30/km	5 x 3' Rust: steeds 2min. Wandelen	
2	2 x 10' 7.30/km	2', 4', 6', 8 Rust: steeds 2min. Wandelen	
3	20' 7.30/km	3 x 3' + 2 x 6' 2min. Wandelen	
4	20' 7.30/km	8', 6', 4', 2' 2min. Rustig lopen	
5	20' 7.30/km	Rust	"Rust tussen intervals is aangegeven met R=..min"
6	25' 7.30/km	10 x 1' + 15' 1min. Rustig lopen	20' + 3 x 2' 7.20/km + hard! R=2'
7	30' 7.30/km	2 x 10' + 5 x 1' 2min. Wandelen	20' + 3 x 3' 7.20/km + hard! R=2'
8	30' 7.30/km	Rust	15' + 15' 7.20/km + hard!
9	30' 7.15/km	5 x 30" + 3 x 10' 2min. Wandelen	20' + 15' 7.20/km + hard!
10	45' 7.15/km	3 x 10' + 3 x 1' 2min. Wandelpauze	20' + 5 x 1 7.00/km + hard!
11	40' 7.15/km	15' + 5 x 2' + 15' 2min. Rustig lopen	10' + 3 x 8' 7.00/km + hard!
12	40' 7.15/km	4 x 8' + 5 x 1' 2min. Rustig lopen	Rust