

TRAININGSCHEMA

10 KM

WEEK 1	TRAINING	TEMPO	PAUZES
Training 1	7 x 3 min.	eigen tempo	1 min. joggen
Training 2	4 x 6 min.	rustig tempo	2 min. wandelen
Training 3	35 min.	rustig tempo	2 min. wandelen

WEEK 2	TRAINING	TEMPO	PAUZES
Training 1	5 x 6 min.	eigen tempo	2 min. joggen
Training 2	3 x 12 min.	rustig tempo	2 min. wandelen
Training 3	40 min.	rustig tempo	2 min. wandelen

WEEK 3	TRAINING	TEMPO	PAUZES
Training 1	2 x 15 min.	rustig tempo	3 min. wandelen
Training 2	10,8,6,4 min.	eigen tempo	2 min. joggen
Training 3	45 min.	rustig tempo	2 min. wandelen

WEEK 4	TRAINING	TEMPO	PAUZES
Training 1	3 x 12 min.	eigen tempo	1 min. joggen
Training 2	5,7,9,7,5 min.	eigen tempo	2 min. joggen
Training 3	50 min.	rustig tempo	2 min. wandelen

WEEK 5	TRAINING	TEMPO	PAUZES
Training 1	7 x 6 min.	eigen tempo	2 min. joggen
Training 2	3 x 10 min.	eigen tempo	2 min. wandelen
Training 3	40 min.	rustig tempo	2 min. wandelen

WEEK 6	TRAINING	TEMPO	PAUZES
Training 1	4 x 5 min.	eigen tempo	2 min. wandelen
Training 2	5 x 4 min.	rustig tempo	1 min. joggen
De dag	10 kilometer prestatie-loop		

