

TRAININGSSCHEMA

5 KM

WEEK 1	H	W	H	W	H	W	H	W	TOTAAL		
Training 1	1	1	1	1	2	2	2	2	3	3	18 min.
Training 2	1	1	1	1	2	2	3	3	3	3	20 min.
Training 3	1	1	2	2	2	2	3	3	3	3	22 min.

WEEK 2	H	W	H	W	H	W	H	W	TOTAAL		
Training 1	1	1	2	2	2	2	3	3	3	3	22 min.
Training 2	2	2	3	3	3	3	3	3	-	-	22 min.
Training 3	1	1	2	2	3	3	3	3	3	3	24 min.

WEEK 3/4	H	W	H	W	H	W	H	W	H	W	H	W	TOTAAL	
Training 1	1	1	2	2	3	3	3	3	3	3	-	-	-	24 min.
Training 2	2	2	2	1	2	1	2	1	2	1	2	1	2	25 min.
Training 3	1	1	2	2	4	3	4	3	5	2	-	-	-	27 min.

WEEK 5/6	H	W	H	W	H	W	H	W	TOTAAL		
Training 1	2	2	3	2	5	3	5	3	5	2	32 min.
Training 2	2	1	3	2	6	2	6	2	7	2	33 min.
Training 3	2	2	4	2	5	2	6	2	7	2	34 min.

WEEK 7	H	W	H	W	H	W	TOTAAL		
Training 1	5	1	6	2	7	2	8	1	32 min.
Training 2	8	1	8	2	8	1	8	1	37 min.
Training 3	10	2	10	2	12	1	-	-	37 min.

WEEK 8/9	H	W	H	W	H	W	TOTAAL
Training 1	15	2	15	2	-	-	32 min.
Training 2	10	1	12	1	12	1	37 min.
Training 3	10	1	20	1	-	-	32 min.

WEEK 8/9	H	W	TOTAAL
Training 1	30	2	32 min.
Training 2	32	2	34 min.
Training 3	30	2	32 min.

H: HARDLOPEN
W: WANDELEN