



12 weken van 10 km naar _ Marathon

	Training 1 Maandag	Training 2 Dinsdag	Training 3 Donderdag	Training 4 Zaterdag
Week 1	40 im I 1	5 min I 1 6x3 I2-3*, (2 min rust) 5 min I 1	40 min I 1 10 min I 2	50 min I 1 20 min I 2
Week 2	30 min I 1	5 min I 1 5x4 I2-3*, (2 min rust) 5 min I 1	30 min I 1 15 min I 2	60 min I 1 20 min I 2
Week 3	40min I 1	5 min I 1 7x4 I2-3*, (2 min rust) 5 min I 1	45 min I 1 10 min I 2	65 min I 1 15 min I 2
Week 4	45 min I 1	5 min I 1 4,3,2,1,1,2,3,4* I2-3, (2 min rust) 5 min I 1	50 min I 1 15 min I 2	70 min I 1 20 min I 2
Week 5	40 min I 1	5 min I 1 6x3 I2-3*, (2 min rust) 5 min I 1	60 min I 1	75 min I 1 15 min I 2
Week 6	45 min I 1	5 min I 1 7x4 I2-3*, (2 min rust) 5 min I 1	55 min I 1 15 min I 2	90 min I 1
Week 7	30 min I 1	5 min I 1 6x5 I2-3*, (2 min rust) 5 min I 1	30 min I 1	75 min I 1 20 min I 2
Week 8	50 min I 1	5 min I 1 4,3,2,1,1,2,3,4* I2-3, (2 min rust) 5 min I 1	40 min I 1 20 min I 2	100 min I 1 10 min I 2
Week 9	30 min I 1	5 min I 1 7x4 I2-3*, (2 min rust) 5 min I 1	50 min I 1 20 min I 2	120 min I 1
Week 10	30 min I 1	5 min I 1 7x3 I2-3*, (2 min rust) 5 min I 1	40 min I 1 20 min I 2	120 min I 1
Week 11	50 min I 1	5 min I 1 6x3 I2-3*, (2 min rust) 5 min I 1	30 min I 1	70 min I 1 15 min I 2
Week 12		5 min I 1 4,3,2,1,1,2,3,4* I2-3, (2 min rust) 5 min I 1	30 min I 1	Halve marathon

* Na elk blokje interval de aangegeven periode rust nemen!