



## 12 weken trainingsprogramma

Doel: Rustig 5 km kunnen lopen

|         | Training 1                                    | Training 2                                    |
|---------|---|---|
| Week 1  | Hardlopen 1 min<br>Wandelen 1 min<br>10 maal  | Hardlopen 1 min<br>Wandelen 1 min<br>10 maal  |
| Week 2  | Hardlopen 2 min<br>Wandelen 1,5 min<br>6 maal | Hardlopen 2 min<br>Wandelen 1,5 min<br>8 maal |
| Week 3  | Hardlopen 3 min<br>Wandelen 2 min<br>4 maal   | Hardlopen 3 min<br>Wandelen 2 min<br>4 maal   |
| Week 4  | Hardlopen 4 min<br>Wandelen 2 min<br>3 maal   | Hardlopen 4 min<br>Wandelen 2 min<br>4 maal   |
| Week 5  | Hardlopen 4 min<br>Wandelen 2 min<br>4 maal   | Hardlopen 4 min<br>Wandelen 2 min<br>5 maal   |
| Week 6  | Hardlopen 6 min<br>Wandelen 2 min<br>3 maal   | Hardlopen 6 min<br>Wandelen 2 min<br>4 maal   |
| Week 7  | Hardlopen 6 min<br>Wandelen 2 min<br>3 maal   | Hardlopen 10 min<br>Wandelen 3 min<br>2 maal  |
| Week 8  | Hardlopen 6 min<br>Wandelen 2 min<br>3 maal   | Hardlopen 6 min<br>Wandelen 2 min<br>4 maal   |
| Week 9  | Hardlopen 10 min<br>Wandelen 2 min<br>3 maal  | Hardlopen 12 min<br>1 maal                    |
| Week 10 | Hardlopen 12 min<br>Wandelen 2 min<br>2 maal  | Hardlopen 16 min<br>Wandelen 5 min<br>2 maal  |
| Week 11 | Hardlopen 15 min<br>Wandelen 5 min<br>2 maal  | Hardlopen 40 min<br>1 maal                    |
| Week 12 | Hardlopen 30 min<br>1 maal                    | Hardlopen 20 min<br>1 maal                    |
| Week 13 | Hardlopen 30 min<br>1 maal                    | <b>5 km loop</b>                              |