



Schema 7: 12 weken van 5 km naar 10 km

Doel: Rustig 10 km kunnen lopen

	Training 1	Training 2	Training 3
Week 1	20 min I 1	5 min I 1 2 x 5 min I 2* 5 min I 1	25 min I 1
Week 2	25 min I 1	5 min I 1 2 x 7 min I 2* 5 min I 1	30 min I 1
Week 3	30 min I 1	5 min I 1 2 x 10 min I 2* 5 min I 1	30 min I 1
Week 4	35 min I 1	5 min I 1 2 x 7 min I 2* 5 min I 1	40 min I 1
Week 5	30 min I 1	5 min I 1 2 x 12 min I 2* 5 min I 1	30 min I 1
Week 6	40 min I 1	5 min I 1 2 x 15 min I 2* 5 min I 1	45 min I 1
Week 7	40 min I 1	5 min I 1 2 x 12 min I 2* 5 min I 1	45 min I 1
Week 8	45 min I 1	5 min I 1 2 x 10 min I 2* 5 min I 1	50 min I 1
Week 9	50 min I 1	5 min I 1 2 x 12 min I 2* 5 min I 1	60 min I 1
Week 10	55 min I 1	5 min I 1 2 x 15 min I 2* 5 min I 1	70 min I 1
Week 11	50 min I 1	5 min I 1 2 x 20 min I 2* 5 min I 1	30 min I 1
Week 12	30 min I 1		10 km loop

* 2 minuten actieve rust (wandelen of dribbelen) tussendoor