



Schema8: 12 weken van 5 km naar 10 km

Doel: Sneller 10 km kunnen lopen

	Training 1	Training 2	Training3
Week 1	10 min I 1 5 min I 2 10 min I 1	5 min I 1 2 x 5 min I 2** 5 min I 1	25 min I 1
Week 2	10 min I 1 5 min I 2 10 min I 1	10 min I 1 3 x 2 min* I 2-3; (2 min rust) 10 min I 1	30 min I 1
Week 3	10 min I 1 10 min I 2 10 min I 1	10 min I 1 3, 2, 1 min* I 2-3; (2 min rust) 10 min I 1	30 min I 1
Week 4	10 min I 1 10 min I 2 10 min I 1	10 min I 1 3 x 3 min* I 2-3; (2 min rust) 10 min I 1	40 min I 1
Week 5	30 min I 1	5 min I 1 2 x 15 min I 2** 5 min I 1	30 min I 1
Week 6	10 min I 1 15 min I 2 10 min I 1	10 min I 1 4, 3, 2, 1 min* I 2-3; (2 min rust) 10 min I 1	45 min I 1
Week 7	10 min I 1 20min I 2 10 min I 1	10 min I 1 5, 3, 1 min* I 2-3; (2 min rust) 10 min I 1	45 min I 1
Week 8	10 min I 1 20min I 2 10 min I 1	10 min I 1 5, 4, 3, 2, 1 min* I 2-3; (2 min rust) 10 min I 1	50 min I 1
Week 9	30 min I 1	10 min I 1 3, 2, 1, 2, 3 min* I 2-3; (2 min rust) 10 min I 1	60 min I 1
Week 10	55 min I 1	10 min I 1 2 min (6 maal)* I 2-3; (2 min rust) 10 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

*Na elk blokje interval de aangegeven periode rust nemen!

**2 minuten actieve rust (wandelen of dribbelen) tussendoor