

Tussen 2 trainingen dient minimum 1 dag rust in het schema ingepast worden.

 = wandelen

 = lopen

week 1	training 1	1' 3' 1' 3' 1' 3' 1' 3' 1' 3' 1' 3' 1' 3' 1' 3'
	training 2	1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'
	training 3	1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'
week 2	training 1	2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2'
	training 2	2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2'
	training 3	2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'
week 3	training 1	3' 2' 3' 2' 3' 2' 3' 2'
	training 2	3' 2' 3' 2' 3' 2' 3' 2' 3' 2'
	training 3	3' 2' 3' 2' 3' 2' 3' 2' 3' 2' 3' 2'
week 4	training 1	5' 2' 5' 2' 5' 2' 5' 2'
	training 2	5' 1' 5' 1' 5' 1' 5' 1'
	training 3	6' 2' 6' 2' 6' 2' 6' 2'
week 5	training 1	6' 1' 6' 1' 6' 1' 6' 1'
	training 2	7' 2' 7' 2' 7' 2'
	training 3	7' 1' 7' 1' 7' 1'
week 6	training 1	8' 2' 8' 2' 8' 2'
	training 2	10' 2' 10' 2' 10' 2'
	training 3	10' 1' 10' 1' 10' 1'
week 7	training 1	12' 1' 12' 1' 12' 1'
	training 2	15' 2' 15' 2'
	training 3	15' 1' 15' 1'
week 8	training 1	17' 2' 17' 2'
	training 2	17' 1' 17' 1'
	training 3	18' 2' 18' 2'
week 9	training 1	18' 1' 18' 1'
	training 2	20' 2' 10' 1'
	training 3	20' 1' 10' 1'
week 10	training 1	22' 1' 10' 1'
	training 2	24' 1' 8' 1'
	training 3	25' 1' 7' 1'
week 11	training 1	26' 1' 6' 1'
	training 2	28' 1' 4' 1'

training 3

30'	1'	2'	1'
-----	----	----	----

week 12 training 1

32'	1'
-----	----

training 2

10'	1'	10'	1'	10'	1'
-----	----	-----	----	-----	----

training 3

5 km test



2'				
1'	1'	1'	1'	1'

Samenvatting		
lopen	wandelen	Totaal
8'	24'	32'
10'	20'	30'
12'	12'	24'
12'	12'	24'
14'	14'	28'
14'	7'	21'
12'	8'	20'
15'	10'	25'
18'	12'	30'
20'	8'	28'
20'	4'	24'
24'	8'	32'
24'	4'	28'
21'	6'	27'
21'	3'	24'
24'	6'	30'
30'	6'	36'
30'	3'	33'
36'	3'	39'
30'	4'	34'
30'	2'	32'
34'	4'	38'
34'	2'	36'
36'	4'	40'
36'	2'	38'
30'	3'	33'
30'	2'	32'
32'	2'	34'
32'	2'	34'
32'	2'	34'
32'	2'	34'
32'	2'	34'



32'	2'	34'
32'	1'	33'
30'	3'	33'