|  |  |  |  |
| --- | --- | --- | --- |
| **Trainingsschema 10 kilometer** |  |  |  |
|  |  |  |  |  |  |
| Rustig tempo = joggen (zorg dat je nog kunt praten) |  |  |
| Eigen tempo = hardlopen met maximale hartslag van 120 |  |
| Altijd 15 minuten rustig in- en uitlopen |  |  |
| Neem na iedere training een dag rust |  |  |
|  |  |  |  |  |  |
| **Datum** | **Week 1** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 7 x 3 minuten | Eigen tempo | 1 minuut (joggen) | 28 minuten |
|  | Training 2 | 4 x 6 minuten | Rustig tempo | 2 minuten (wandelen) | 32 minuten |
|  | Training 3 | 35 minuten | Eigen tempo |  | 35 minuten |
|  |  |  |  |  |  |
| **Datum** | **Week 2** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 5 x 6 minuten | Eigen tempo | 2 minuten (joggen) | 40 minuten |
|  | Training 2 | 3 x 10 minuten | Rustig tempo | 2 minuten (wandelen) | 36 minuten |
|  | Training 3 | 40 minuten | Eigen tempo |  | 40 minuten |
|  |  |  |  |  |  |
| **Datum** | **Week 3** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 3 x 12 minuten | Eigen tempo | 3 minuten wandelen | 45 minuten |
|  | Training 2 | 2 x 15 minuten | Rustig tempo | 2 minuten joggen | 34 minuten |
|  | Training 3 | 45 minuten | Eigen tempo |  | 45 minuten |
|  |  |  |  |  |  |
| **Datum** | **Week 4** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 3 x 12 minuten | Eigen tempo | 3 minuten wandelen | 45 minuten |
|  | Training 2 | 10, 8, 6, 4 | Eigen tempo | 2 minuten joggen | 36 minuten |
|  | Training 3 | 45 minuten | Eigen tempo |  | 45 minuten |
|  |  |  |  |  |  |
| **Datum** | **Week 5** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 7 x 6 minuten | Eigen tempo | 2 minuten joggen | 58 minuten |
|  | Training 2 | 3 x 15 minuten | Rustig tempo | 2 minuten joggen | 36 minuten |
|  | Training 3 | 50 minuten | Eigen tempo |  | 50 minuten |
|  |  |  |  |  |  |
| **Datum** | **Week 6** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 7 x 6 minuten | Eigen tempo | 2 minuten joggen | 58 minuten |
|  | Training 2 | 3 x 15 minuten | Rustig tempo | 2 minuten joggen | 51 minuten |
|  | Training 3 | 55 minuten | Eigen tempo |  | 55 minuten |
|  |  |  |  |  |  |
| **Datum** | **Week 7** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 12, 10, 8, 6, 4 | Eigen tempo | 2 minuten joggen | 50 minuten |
|  | Training 2 | 4 x 15 minuten | Eigen tempo | 2 minuten joggen | 68 minuten |
|  | Training 3 | 60 minuten | Eigen tempo |  | 60 minuten |
|  |  |  |  |  |  |
| **Datum** | **Week 8** | **Training** | **Tempo** | **Rust** | **Totaal** |
|  | Training 1 | 7 x 6 minuten | Eigen tempo | 2 minuten joggen | 58 minuten |
|  | Training 2 | 12, 10, 8, 6, 4 | Eigen tempo | 2 minuten joggen | 53 minuten |
|  | Training 3 | 60 minuten | Eigen tempo |  | 60 minuten |