|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Trainingsschema 5 kilometer** | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| H = Hardlopen (rustig tempo, zorg dat je nog kunt praten) | | | | | | | | | |  |  |  |  |
| W = Wandelen (stevig tempo, zodat je warm blijft) | | | | | | | |  |  |  |  |  |  |
| Neem na iedere training een dag rust | | | | | |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Datum** | **Week 1** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** | **Totaal** |  |
|  | Training 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 18 minuten |  |
|  | Training 2 | 1 | 1 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 20 minuten |  |
|  | Training 3 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 22 minuten |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Datum** | **Week 2** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** | **Totaal** |  |
|  | Training 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 22 minuten |  |
|  | Training 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 |  |  | 22 minuten |  |
|  | Training 3 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 24 minuten |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Datum** | **Week 3 & 4** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** |  |  |
|  | Training 1 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 24 minuten |  |
|  | Training 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 24 minuten |  |
|  | Training 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 4 | 28 minuten |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Datum** | **Week 5 & 6** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** |  |  |
|  | Training 1 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 4 | 29 minuten |  |
|  | Training 2 | 2 | 3 | 2 | 4 | 2 | 4 | 3 | 4 | 3 | 4 | 31 minuten |  |
|  | Training 3 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 5 | 3 | 5 | 33 minuten |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Datum** | **Week 7 & 8** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** | **H** | **W** |  |  |
|  | Training 1 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 5 | 3 | 5 | 33 minuten |  |
|  | Training 2 | 2 | 3 | 3 | 4 | 3 | 4 | 3 | 5 | 3 | 5 | 35 minuten |  |
|  | Training 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 5 | 3 | 5 | 37 minuten |  |