



	Training 1	Training 2	Training 3
Week 1	10 minuten (min) wandelen – 5x1 min hardlopen (HL) pauze (p) 1 min. 10 min wandelen.	10 min wandelen – 6x1 min hl p 1 min – 10 min wandelen	10 min wandelen – 1-2-1-2-1 min hl p 1 min – 10 min wandelen
Week 2	10 min wandelen – 5x2 min hl p 1 min – 10 min wandelen	10 min wandelen – 7x2 min hl p 2 min – 10 min wandelen	10 min wandelen - 6x 3 min hl p 2 min – 10 min wandelen
Week 3	5 min wandelen – 3-3-3-4-4 min hl p 2 min – 5 min wandelen	5 min wandelen – 4-6-6-4 min hl p 2 min – 5min wandelen	5 min wandelen – 6-7-8 min hl p 2 min – 5 min wandelen
Week 4	3x8 min hl p 2 min wandelen	12-13 min hl p 2 min wandelen	5-9-12 min hl p 1 min wandelen
Week 5	10-8-10 min hl p 1 min wandelen	3x10 min hl p 1 min wandelen	30min hl
Week 6	10min hl p 2 min – 4x3min tempo p2 min wandelen – 5 min hl	33 min hl	10 min hl p 2 min – 3x5 min tempo p 2 min wandelen – 5 min hl
Week 7	35 min hl	10 min hl p 2 min – 4x4 min tempo p2 min wandelen – 5 min hl	35 min hl
Week 8	10 min hl – 7x 1 min tempo p 1 min wandelen/dribbelen – 5 min hl	40 min hl	45 min hl
Week 9	10 min hl – 4-6-6-4 min tempo p 2 min wandelen – 10 min hl	45 min hl	10 min hl – 5-10-5 min tempo p 2 min wandelen – 10 min hl
Week 10	50 min hl	10 min hl – 5x1 min tempo p 1 min wandelen/dribbelen – 10 min hl	Wedstrijd 10 km GEMERT CITY RUN