



	Training 1	Training 2	Training 3
<b>Week 1</b>	5 min wandelen - 5x1 min hardlopen (hl) met 2 minuten (min) wandelpauze - 5 min wandelen	5 min wandelen - 3x2 min hl met 2 min wandelpauze - 5 min wandelen	10 min wandelen - 1-2-1-2-1 min hl met 2 min wandelpauze - 5 min wandelen
<b>Week 2</b>	10 min wandelen – 3x2 min hl p 1 min – 10 min wandelen	10 min wandelen – 4x2 min hl p 2 min – 10 min wandelen	10 min wandelen - 1-2-3-2-1 min hl pauze 90 sec wandel - 10 min wandelen
<b>Week 3</b>	5 min wandelen – 2-3-2-3 min hl p 2 min – 5 min wandelen	5 min wandelen – 4x3 min hl p 2 min – 5 min wandelen	5 min wandelen – 5-2-5 min hl p 2 min – 5 min wandelen
<b>Week 4</b>	3x5 min hl p 2 min wandelen	7-5-3 min hl p 2 min wandelen	2x8 min hl p 1 min wandelen
<b>Week 5</b>	3x6 min hl p 1 min wandelen	10-6-4 min hl p 1 min wandelen	3x7 min hl p 1 min wandelen
<b>Week 6</b>	2x10 min hl p1 min wandelen	15-8 min hl p 90 sec wandelen	15-10 min hl pauze 1 min wandelen
<b>Week 7</b>	25 min hl	10 min hl p 2 min – 3x3 min op hoger tempo waarbij je nog net kan praten p2 min wandelen – 5 min hl	25 min hl
<b>Week 8</b>	10 min hl – 7x 1 min tempo p 1 min wandelen/dribbelen – 5 min hl	30 min hl	33 min hl
<b>Week 9</b>	10 min hl – 3x5min tempo p 2 min wandelen – 5 min hl	35 min hl	40 min hl
<b>Week 10</b>	25 min hl	10 min hl – 5x1 min tempo p 1 min wandelen/dribbelen – 10 min hl	<b>Wedstrijd 5 km GEMERT CITY RUN!</b>