

Trainingschema 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	H	W	H	W	H	W	Totaal minuten
__ / __ / ____ Training 1	1	1	1	1	2	2	2	2	3	3							18
__ / __ / ____ Training 2	1	1	1	1	2	2	3	3	3	3							20
__ / __ / ____ Training 3	1	1	2	2	2	2	3	3	3	3							22
Datum* Week 2																	
__ / __ / ____ Training 1	1	1	2	2	2	2	3	3	3	3							22
__ / __ / ____ Training 2	2	2	3	3	3	3	3	3	0	0							22
__ / __ / ____ Training 3	1	1	2	2	3	3	3	3	3	3							24
Datum* Week 3 & 4																	
__ / __ / ____ Training 1	1	1	2	2	3	3	3	3	3	3							24
__ / __ / ____ Training 2	2	2	2	1	2	1	2	1	2	1	2	1	2	1	2	1	25
__ / __ / ____ Training 3	1	1	2	2	4	3	4	3	5	2							27
Datum* Week 5 & 6																	
__ / __ / ____ Training 1	2	2	3	2	5	3	5	3	5	2							32
__ / __ / ____ Training 2	2	1	3	2	6	2	6	2	7	2							33
__ / __ / ____ Training 3	2	2	4	2	5	2	6	2	7	2							34
Datum* Week 7																	
__ / __ / ____ Training 1	5	1	6	2	7	2	8	1									32
__ / __ / ____ Training 2	8	1	8	2	8	1	8	1									37
__ / __ / ____ Training 3	10	2	10	2	12	1											37
Datum* Week 8 & 9																	
__ / __ / ____ Training 1	15	2	15	2													34
__ / __ / ____ Training 2	10	1	12	1	12	1											37
__ / __ / ____ Training 3	15	1	20	1													37
Datum* Week 10 H W Totaal																	
__ / __ / ____ Training 1	30	2															32
__ / __ / ____ Training 2	32	2															34
__ / __ / ____ Training 3	30	2															32

* Zelf invullen