

Tussen 2 trainingen dient minimum 1 dag rust in het schema ingepast worden.

 = wandelen = lopen

week 1	training 1	1' 1' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 1' 1'
	training 2	1' 1' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 1' 1'
	training 3	1' 1' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 1' 1'
week 2	training 1	1' 1' 1' 1' 3' 3' 3' 3' 2' 2' 2' 2'
	training 2	1' 1' 1' 1' 3' 3' 3' 3' 2' 2' 2' 2'
	training 3	1' 1' 1' 1' 3' 3' 3' 3' 2' 2' 2' 2'
week 3	training 1	2' 2' 2' 2' 4' 3' 3' 3' 3' 3' 3'
	training 2	2' 2' 2' 2' 4' 3' 3' 3' 3' 3' 3'
	training 3	2' 2' 2' 2' 4' 3' 3' 3' 3' 3' 3'
week 4	training 1	3' 2' 4' 3' 4' 3' 3' 2' 3' 2'
	training 2	3' 2' 4' 3' 4' 3' 3' 2' 3' 2'
	training 3	3' 2' 4' 3' 4' 3' 3' 2' 3' 2'
week 5	training 1	4' 3' 5' 3' 5' 3' 4' 3'
	training 2	4' 3' 5' 3' 5' 3' 4' 3'
	training 3	4' 3' 5' 3' 5' 3' 4' 3'
week 6	training 1	5' 2' 7' 2' 7' 2' 5' 2'
	training 2	5' 2' 7' 2' 7' 2' 5' 2'
	training 3	5' 2' 7' 2' 7' 2' 5' 2'
week 7	training 1	8' 2' 10' 3' 8' 2'
	training 2	8' 2' 10' 3' 8' 2'
	training 3	8' 2' 10' 3' 8' 2'
week 8	training 1	11' 2' 11' 2' 8' 1'
	training 2	11' 2' 11' 2' 8' 1'
	training 3	11' 2' 11' 2' 8' 1'
week 9	training 1	13' 2' 13' 2' 8' 1'
	training 2	13' 2' 13' 2' 8' 1'
	training 3	13' 2' 13' 2' 8' 1'
week 10	training 1	28' 1' of 2' wandelpauze naar eigen behoefte inlassen
	training 2	30' 1' of 2' wandelpauze naar eigen behoefte inlassen
	training 3	5 km test

Samenvatting		
lopen	wandelen	Totaal
10'	10'	20'
10'	10'	20'
10'	10'	20'
12'	12'	24'
12'	12'	24'
12'	12'	24'
14'	13'	27'
14'	13'	27'
14'	13'	27'
17'	12'	29'
17'	12'	29'
17'	12'	29'
18'	12'	30'
18'	12'	30'
18'	12'	30'
24'	8'	32'
24'	8'	32'
24'	8'	32'
26'	7'	33'
26'	7'	33'
26'	7'	33'
30'	5'	35'
30'	5'	35'
30'	5'	35'
34'	5'	39'
34'	5'	39'
34'	5'	39'
28'	0'	28'
30'	0'	30'