

- =opbouw
- =intensievere week
- =relatieve rustweek

Z1: rustig tempo : Hfmax - 50
 Z2: extensief: Hfmax - 40
 Z3: extensief kort Hfmax - 30
 Z4: intensief Hfmax - 20
 Z5: intensief kot Hfmax - 10

Week 1	Training
Training 1	20' rustig loslopen Z1
Training 2	10' loslopen Z1 - 10 x (15" versnellen - 15" jog) - 10' loslopen Z1
Training 3	8' Z1 - 5' Z2 - 10' Z1

Week 2	Training
Training 1	25' rustig loslopen Z1
Training 2	5' loslopen Z1 - 5 x (1' Z2 - 1' Z3 - 1' Z2) - 5' loslopen Z1
Training 3	10' Z2 - 10' Z3 - 10' Z2

Week 3	Training
Training 1	30' rustig loslopen Z1
Training 2	10' loslopen Z1 - 5 x 1' Z3 met 2' Z1 als recup - 10' loslopen Z1
Training 3	5' Z1 - 10' Z2 - 5' Z3 - 10' Z1

Week 4	Training
Training 1	10' Opwarming in duurtempo Z1 - 20' Duurtraining Z2 - 10' Cooling down
Training 2	10' Opwarming tot Z2 - 15' Duurloop Z2 - 10' Cooling down in Z1

Week 5	Training
Training 1	5' Opwarming - 30' Duurtempo Z2 - 5' Cooling down in Z1
Training 2	5' Opwarming - 35' Duurloop Z2 met onderweg 6x100m versnellen tot Z3 - 5' Cooling down
Training 3	2km Z2 - 2km Z3 - 2km Z2

Week 6	Training
Training 1	5' Opwarming tot Z2 - 35' Duurloop Z2 - 5' Cooling down
Training 2	5' Opwarming Z1 - (5' Z2 - 30" Z3) x6 (intervaltraining) - 5' Cooling down
Training 3	5' Opwarming - 20' Recuperatieduurloop Z1 - 5' Cooling down

Week 7	Training
Training 1	5' rustig opwarmen - 10' Z1 - 10' Z2 - 10' Zorg dat hartslag terug daalt na Z2 - 5' uitwandelen
Training 2	5' Opwarming tot Z2 - 45' Duurloop Z2 - 5' Cooling down
Training 3	15' rustig opwarmen - 4' Z2 - 1' versnelling tot Z3 - herhaling (4' Z2 - 1' Z3)x3 - 15' rustig uitlopen

Week 8	Training
Training 1	15' Opwarming tot Z2 - (3' Z2 - 1' Z3) x5. Respecteer hartslag-zones na 1' Z3 moet hartslag omlaag - 15' rustig uitjoggen
Training 2	5' Opwarming Z1 - 50' Duurloop Z2 - 10' Cooling down
Training 3	5' Opwarming Z1 - 20' Duurloop Z2 - (1' Z3 - 1' Z2)x5, laat telkens je hartslag terug zakken naar Z2 - 20' Z2 - 5' Cooling down

Week 9	Training
Training 1	5' Opwarming tot Z2 - 10' Z1 - (5' Z2 - 2' Z3) x 5 - 10' uitjoggen
Training 2	5' Opwarming - 60' rustige duurloop - 5' Cooling down actieve recuperatie
Training 3	Test: 10km, niet boven Z3

Week 10	Training
Training 1	5' Opwarmen tot Z1 - 40' Z1 - 5' Cooling down actieve recuperatie
Training 2	10' Opwarming tot Z2 - (4' Z2 - 2' Z3) x 5 - 10' Cooling down
Training 3	5' Opwarming tot Z2 - 60' Z2 met 8 spontane versnellingen over 100m - 5' Cooling down

Week 11	Training
Training 1	5' Opwarming tot Z2 - 50' Z2 met 8x spontaan versnellen over 200m - 5' Cooling down
Training 2	10' Opwarming Z1 - 10' tot Z2 - (1' Z3 - 2' Z2) x6 waarbij je in Z2 hartslag telkens terug laat vallen - 12' Cooling down
Training 3	20' Z1 - 30' Duurloop Z2 - 20' Z1

Week 12	Training
Training 1	45' Recuperatieduurloop Z1-Z2
Training 2	20' Rustige duurloop Z1

