

- =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 kort Hfmax - 10

Week 1	Training
Training 1	10km duurloop Z2
Training 2	10' Z2 – 8x400m Z3 met dribbelpauze 3' – 10' Z2
Training 3	12km duurloop Z2

Week 2	Training
Training 1	8 km duurloop Z2
Training 2	10' Z2 – 3x1000m Z3 met dribbelpauze 4' – 10' Z2
Training 3	12km duurloop Z2

Week 3	Training
Training 1	rustig loslopen 40' Z1
Training 2	10' loslopen - 8 x (1' Z4 - 2' Z1) - 10' loslopen Z1
Training 3	10km duurloop Z2
Training 4	6km duurloop Z1

Week 4	Training
Training 1	Rustig doorlopen 50' Z1
Training 2	10' doorlopen - 10(30" versnellen Z3 - 15" joggen) - 20' loslopen Z1
Training 3	8 km doorlopen Z2
Training 4	3 x 2km Z3 met dribbelpauze 5'

Week 5	Training
Training 1	rustig loslopen 1u Z1
Training 2	10' loslopen Z1 - 8 x 1' Z4 met 2' Z1 als recup - 10' loslopen Z1
Training 3	20' Z1 - 10' Z3 – 5' Z4 - 10' Z1
Training 4	6km duurloop Z1-Z2

Week 6	Training
Training 1	6km duurloop Z2
Training 2	10x400m Z3 met dribbelpauze 3'
Training 3	6km duurloop Z1
Training 4	8km duurloop Z2

Week 7	Training
Training 1	6km duurloop Z2
Training 2	6x800m Z3 met dribbelpauze 3'
Training 3	10km duurloop Z2
Training 4	8km duurloop Z2

Week 8	Training
Training 1	6km duurloop Z2
Training 2	3x1000m Z3 met dribbelpauze 3'
Training 3	8km duurloop Z2
Training 4	15' Z2 – 8x400m Z3 met dribbelpauze 3' – 15' loslopen Z1

Week 9	Training
Training 1	10km duurloop Z2
Training 2	10' loslopen - 10 x (1' Z4 - 2' Z1) - 10' loslopen Z1
Training 3	8km duurloop Z2
Training 4	4x1000m Z3 met dribbelpauze 4'

Week 10	Training
Training 1	10' Z2 – 10x400m Z3-Z4 met dribbelpauze 2' – 10' loslopen Z1
Training 2	8km duurloop Z2
Training 3	4x1000m Z3 met dribbelpauze 3'
Training 4	6km duurloop Z2

Week 11	Training
Training 1	12 km duurloop Z2
Training 2	20' loslopen Z1 - 10 x 1' Z4 met 1' Z1 als recup - 20' loslopen Z1
Training 3	8km duurloop Z2
Training 4	3x1000m Z3 met dribbelpauze 3'

Week 12	Training
Training 1	rustig loslopen 1u Z1
Training 2	20' loslopen - 3 x 4' Z4 met 2' Z1 als recup - 20' loslopen Z1

