

**Week 1** 18 minuten

1' 1' 1' 1' 2' 2' 2' 2' 3' 3'

20 minuten

1' 1' 1' 1' 2' 2' 3' 3' 3' 3'

**Week 2** 22 minuten

1' 1' 2' 2' 2' 2' 3' 3' 3' 3'

22 minuten

1' 1' 1' 1' 2' 2' 3' 3' 3' 3'

**Week 3** 22 minuten

2' 2' 3' 3' 3' 3' 3' 3'

24 minuten

1' 1' 2' 2' 3' 3' 3' 3' 3' 3'

**Week 4** 23 minuten

1' 1' 2' 2' 3' 3' 3' 3' 3' 2'

25 minuten

2' 2' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'

**Week 5** 26 minuten

1' 1' 2' 2' 4' 3' 4' 3' 5' 1'

24 minuten

1' 1' 2' 2' 3' 3' 3' 3' 3' 2'

25 minuten

2' 2' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'

**Week 6** 26 minuten

1' 1' 2' 2' 4' 3' 4' 3' 5' 1'

32 minuten

2' 2' 3' 2' 5' 3' 5' 3' 5' 2'

33 minuten

2' 1' 3' 2' 6' 2' 6' 2' 7' 2'

**Week 7** 34 minuten

2' 2' 4' 2' 5' 2' 6' 2' 7' 2'

32 minuten

2' 2' 3' 2' 5' 3' 5' 3' 5' 2'

33 minuten

2' 1' 3' 2' 6' 2' 6' 2' 7' 2'

**Week 8** 34 minuten

2' 2' 4' 2' 5' 2' 6' 2' 7' 2'

22 minuten

5' 1' 6' 2' 7' 2' 8' 1'

37 minuten

8' 1' 8' 2' 8' 1' 8' 1'

**Week 9**

37 minuten

10' 2' 10' 2' 12' 1'

34 minuten

15' 2' 15' 2'

37 minuten

10' 1' 12' 1' 12' 1'

**Week 10**

32 minuten

10' 1' 20' 1'

34 minuten

15' 2' 15' 2'

37 minuten

10' 1' 12' 1' 12' 1'

**Week 11**

32 minuten

10' 1' 20' 1'

30' 1' of 2' naar keuze

32' 1' of 2' naar keuze

**Week 12**

26 minuten

30' 1'

20' 1' 4' 2' 5' 2' 6' 2' 7' 2'

**Legende:**  joggen  wandelen

