

START TO JOG

BEGINNERS: 0 TOT 5 KM

Dit loopschema duurt 10 weken. Iedere week bestaat uit 3 "loopdagen" en 4 "rustdagen". Je loopt best geen 2 dagen na elkaar. Probeer het schema strikt te volgen. Het tempo van het loopgedeelte mag op eigen ritme. Een goed tempo is wanneer je nog vlot kan praten met je looppartner. Veel succes!

Wandelen

Lopen

Samenvatting

WEEK 1													Lopen	Wandelen	Totaal
Training 1	1'	1'	1'	2'	1'	2'	2'	2'	2'	2'			7'	9'	16'
Training 2	1'	1'	1'	2'	1'	2'	2'	2'	2'	2'	2'	2'	9'	11'	20'
Training 3	1'	1'	1'	2'	2'	2'	2'	2'	2'	2'	2'	2'	10'	11'	21'

WEEK 2													Lopen	Wandelen	Totaal
Training 1	1'	1'	1'	1'	2'	2'	3'	3'	2'	2'	2'	2'	11'	11'	22'
Training 2	1'	1'	1'	1'	2'	3'	3'	3'	3'	2'	2'	2'	12'	12'	24'
Training 3	1'	1'	1'	1'	3'	3'	3'	3'	3'	3'	3'	2'	13'	13'	26'

WEEK 3													Lopen	Wandelen	Totaal
Training 1	2'	2'	2'	2'	4'	4'	3'	3'	2'	2'			13'	13'	26'
Training 2	2'	2'	2'	2'	4'	4'	3'	3'	3'	3'			14'	14'	28'
Training 3	2'	2'	2'	2'	4'	3'	3'	3'	3'	4'	4'		15'	14'	29'

WEEK 4													Lopen	Wandelen	Totaal
Training 1	3'	2'	4'	3'	4'	3'	3'	2'	3'	2'			17'	12'	29'
Training 2	3'	2'	4'	3'	4'	3'	3'	2'	4'	3'			18'	13'	31'
Training 3	3'	2'	4'	3'	4'	3'	4'	3'	4'	2'			19'	13'	32'

WEEK 5													Lopen	Wandelen	Totaal
Training 1	4'	3'	5'	4'	5'	4'	5'	4'					19'	15'	34'
Training 2	4'	3'	5'	4'	5'	4'	5'	3'					19'	14'	33'
Training 3	5'	4'	5'	3'	5'	4'	5'	3'					20'	14'	34'

WEEK 6													Lopen	Wandelen	Totaal
Training 1	5'	3'	7'	4'	7'	3'	6'	2'					25'	12'	37'
Training 2	6'	2'	7'	4'	7'	3'	6'	2'					26'	11'	37'
Training 3	6'	2'	7'	3'	7'	2'	6'	3'					26'	10'	36'

WEEK 7													Lopen	Wandelen	Totaal
Training 1	8'	3'	10'	4'	8'	3'							26'	10'	36'
Training 2	8'	3'	10'	3'	9'	3'							27'	9'	36'
Training 3	9'	3'	10'	3'	9'	3'							28'	9'	37'

WEEK 8													Lopen	Wandelen	Totaal
Training 1	11'	3'	11'	3'	9'	2'							31'	8'	39'
Training 2	11'	2'	11'	2'	10'	1'							32'	5'	37'
Training 3	11'	2'	11'	2'	11'	1'							33'	5'	38'

WEEK 9													Lopen	Wandelen	Totaal
Training 1	13'	2'	13'	2'	8'	1'							34'	5'	39'
Training 2	13'	2'	13'	2'	8'	1'							34'	5'	39'
Training 3	13'	2'	13'	2'	8'	1'							34'	5'	39'

WEEK 10													Lopen	Wandelen	Totaal
Training 1	28'		1' of 2' wandelpauze naar eigen behoefte inlassen										28'	0'	28'
Training 2	30'		1' of 2' wandelpauze naar eigen behoefte inlassen										30'	0'	30'

ZONDAG 6 MEI

5 km test – Genk Loopt

