

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

= wandelen = lopen

week 1	training 1	1' 3' 1' 3' 1' 3' 1' 3' 1' 3' 1' 3' 1' 3' 1' 3'		
	training 2	1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2'		
	training 3	1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'		
week 2	training 1	2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2'		
	training 2	2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2' 2'		
	training 3	2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'		
week 3	training 1	3' 2' 3' 2' 3' 2' 3' 2'	3 km lopen en wandelen of 25 km fietsen	
	training 2	3' 2' 3' 2' 3' 2' 3' 2' 3' 2'	3,5 km lopen en wandelen of 25 km fietsen	
	training 3	3' 2' 3' 2' 3' 2' 3' 2' 3' 2' 3' 2'	4 km lopen en wandelen of 25 km fietsen	
week 4	training 1	5' 2' 5' 2' 5' 2' 5' 2'		
	training 2	5' 1' 5' 1' 5' 1' 5' 1'		
	training 3	5' 1' 5' 1' 5' 1' 5' 1' 5' 1'		
week 5	training 1	10' 3' 10' 3'		
	training 2	10' 2' 10' 2'		
	training 3	10' 1' 10' 1'		
week 6	training 1	12' 2' 12' 2'		
	training 2	5' 1' 5' 1' 5' 1'		
	training 3	5' 1' 5' 1' 5' 1'		
week 7	training 1	3 km test		
	training 2	6' 1' 6' 1' 6' 1'		
	training 3	rust		

Samenvatting		
lopen	wandelen	Totaal
8'	24'	32'
10'	20'	30'
12'	12'	24'
12'	12'	24'
14'	14'	28'
14'	7'	21'
12'	8'	20'
15'	8'	25'
18'	12'	30'
20'	8'	28'
20'	4'	24'
25'	5'	30'
20'	6'	26'
20'	4'	24'
20'	2'	22'
24'	4'	28'
15'	3'	18'
15'	3'	18'
18'	3'	21'

week 8	training 1	8'	1'	8'	1'	8'	1'
	training 2	10'	2'	10'	2'	10'	2'
	training 3	10'	1'	10'	1'	10'	1'
week 9	training 1	12'	1'	12'	1'	12'	1'
	training 2	15'	2'	15'	2'		
	training 3	15'	1'	15'	1'		
week 10	training 1	17'	2'	17'	2'		
	training 2	17'	1'	17'	1'		
	training 3	18'	2'	18'	2'		
week 11	training 1	18'	1'	18'	1'		
	training 2	20'	2'	10'	2'		
	training 3	20'	1'	10'	1'		
week 12	training 1	22'	1'	10'	1'		
	training 2	24'	1'	8'	1'		
	training 3	25'	1'	7'	1'		
week 13	training 1	26'	1'	6'	1'		
	training 2	28'	1'	4'	1'		
	training 3	30'	1'	2'	1'		
week 14	training 1	8'	1'	8'	1'	8'	1'
	training 2	5 km test					
	training 3	12'	1'	12'	1'		

24'	3'	27'
30'	6'	36'
30'	3'	33'
26'	3'	39'
30'	4'	34'
30'	2'	32'
34'	4'	38'
34'	2'	36'
36'	4'	40'
36'	2'	38'
30'	4'	34'
30'	2'	32'
32'	2'	34'
32'	2'	34'
32'	2'	34'
32'	2'	34'
32'	2'	34'
32'	2'	34'
24'	3'	27'
24'	2'	26'