

Hardloopschema Opbouwen

Opbouwschema			
Week Nr.	Training 1	Training 2	Training 3
1	8x1min hardlopen – pauze 2min wandelen	10x1min hardlopen – pauze 2min wandelen	10x1min hardlopen – pauze 2min wandelen
2	12x1min hardlopen – pauze 2min wandelen	10x1min hardlopen – 1min wandelen	12x1min hardlopen – pauze 1min wandelen.
3	5x2min hardlopen – pauze 2min wandelen	6x2min hardlopen – pauze 2min wandelen	7x2min hardlopen – pauze 2min wandelen
4	8x2min hardlopen – pauze 2min wandelen	15x1min hardlopen – pauze 1min wandelen	8x2min hardlopen – pauze 1min wandelen
5	10x2min hardlopen – pauze 1min wandelen	7x3min hardlopen – pauze 2min wandelen	5x2min hardlopen – pauze 1min wandelen <i>Gevolgd door:</i> 10x1min hardlopen - pauze 1 min wandelen
6	8x3min hardlopen – pauze 1min wandelen	5x3min hardlopen – pauze 2min wandelen <i>Gevolgd door:</i> 5x2min hardlopen – pauze 1min wandelen <i>Gevolgd door:</i> 5x1min – pauze 1min wandelen	15x2min hardlopen – pauze 1min wandelen
7	8x4min hardlopen – pauze 2min wandelen	6x5min hardlopen – pauze 2min wandelen	6x5min hardlopen – pauze 2min wandelen

Hardloopschema Opbouwen

8	8x5min hardlopen – pauze 2min wandelen	5x6min hardlopen - pauze 1min wandelen	5x7min hardlopen – pauze 1min wandelen
9	1x10min hardlopen – 2min wandelen <i>Gevolgd door:</i> 4x5min hardlopen – pauze 1min wandelen	15x2min hardlopen – pauze 1min wandelen	2x10min hardlopen – pauze 2min wandelen <i>Gevolgd door:</i> 10x1min hardlopen – pauze 1min wandelen.
10	3x10min hardlopen – pauze 2min wandelen	1x15min hardlopen – pauze 2min wandelen <i>Gevolgd door:</i> 1x10min hardlopen – pauze 2min wandelen <i>Gevolgd door:</i> 1x5min hardlopen	1x15min hardlopen -pauze 2min wandelen <i>Gevolgd door:</i> 2x10min hardlopen – pauze 1min wandelen
11	2x15min hardlopen – pauze 2min wandelen	1x20min hardlopen – pauze 2min wandelen <i>Gevolgd door:</i> 4x5min hardlopen – pauze 1min wandelen.	1x20min hardlopen – pauze 2min wandelen <i>Gevolgd door:</i> 1x10min hardlopen
12	30min hardlopen	30min hardlopen	30min hardlopen