TRAININGSSCHEMA

10KM IN 50 MINUTEN - HEARTRATE ZONES

Altijd: 5-10 min opwarming + 5 uitlopen/wandelen

Zones (%HRmax)

- Z5: 90–100%
- Z4: 80–90%
- Z3: 70–80%
- Z2: 60–70%
- Z1: 50–60%

9/2	10/2	11/2	12/2	13/2	14-15/2
Rust	45 min Z2	Rust	6x (2 min Z5 / 2 min Z2)	Rust	70 min Z2
16/2	**17/2**	**18/2**	**19/2**	**20/2**	**21-22/2**
Rust	45 min Z2	Rust	20 min Z3-Z4	Rust	75 min Z2
23/2	**24/2**	**25/2**	**26/2**	**27/2**	**28/2 - 1/3**
Rust	50 min Z2	Rust	5x (4 min Z4 / 3 min Z2)	Rust	80 min Z2
2/3	**3/3**	**4/3**	**5/3**	**6/3**	**7-8/3**
Rust	45 min Z2	Rust	2x (12 min Z4/ 4 min Z2)	Rust	85 min Z2
9/3	**10/3**	**11/3**	**12/3**	**13/2**	**14-15/3**
Rust	50 min Z2	Rust	3x (6 min Z4/ 3 min Z2) + 4x (45 sec Z5/75 sec Z2)	Rust	90 min Z2
16/3	**17/3**	**18/3**	**19/3**	**20/3**	**21-22/3**
Rust	45 min Z2	Rust	30 min Z3-Z4	Rust	95 min Z2

Nitto

Nitto

23/3	24/3	25/3	26/3	27/3	28-29/3
Rust	50 min Z2	Rust	4x (6 min Z4/ 3 min Z2)	Rust	100 min Z2
30/3	**31/3**	**1/4**	**2/4**	**3/4**	**4-5/4**
Rust	45 min Z2	Rust	2x (15 min Z4/ 5 min Z2)	Rust	95 min Z2
6/4	**7/4**	**8/4**	**9/4**	**10/4**	**11-12/4**
Rust	50 min Z2	Rust	3x (10 min Z4/ 4 min Z2)	Rust	75 min Z2
13/4	**14/4**	**15/4**	**16/4**	**17/4**	**18-19/4**
Rust	40-45 min Z2	Rust	6x (3 min Z4-Z5/ 3 min Z2)	Rust	75 min Z2
TAPER **20/4**	**21/4**	**22/4**	**23/4**	**24/4**	**25-26/4**
Rust	35 min Z2	Rust	20 min Z3-Z4)	Rust	50-60 min Z2
27/4	**28/4**	**29/4**	**30/4**	**1/5**	**2/5**
Rust	Rust	25 min Z2	Rust	3x (2 min Z4/ 3 min Z2)	Rust

10 km in 50 min

3/05/2026

EnergyVision

GENK LOOPT & WANDELT

03.05.2026