TRAININGSSCHEMA

10KM IN 50 MINUTEN - PACE SCHEMA

E (Easy) = rustig (praattempo)
T (Tempo) = vlot/stevig (rond 5:00/km)
I (Interval) = kort sneller dan 5:00/km)
LR (Long Run) = langere rustige duurloop

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

9/2	10/2	11/2	12/2	13/2	14-15/2
Rust	***E** 45 min*	*Rust*	*6x 600m @4:50/km (rustig tussenin)*	*Rust*	***LR** 70 min*
16/2	**17/2**	**18/2**	**19/2**	**20/2**	**21-22/2**
Rust	***E** 45 min*	*Rust*	***T** 20 min @5:15/km*	*Rust*	***LR** 75 min*
23/2	**24/2**	**25/2**	**26/2**	**27/2**	**28/2 - 1/3**
Rust	***E** 50 min*	*Rust*	*5x 1 km @4:55/km (3 min rustig ertussen)*	*Rust*	***LR** 80 min*
2/3	**3/3**	**4/3**	**5/3**	**6/3**	**7-8/3**
Rust	***E** 45 min*	*Rust*	*2x 12 min @5:10/km (4 min rustig ertussen)*	*Rust*	***LR** 80 min*
9/3	**10/3**	**11/3**	**12/3**	**13/2**	**14-15/3**
Rust	***E** 50 min*	*Rust*	*3x 1km @4:50/km + 4x 400m @4:40/km*	*Rust*	***LR** 85 min*
16/3	**17/3**	**18/3**	**19/3**	**20/3**	**21-22/3**
Rust	***E** 45 min*	*Rust*	***T** 30 min @5:10/km*	*Rust*	***LR** 90 min*

Nitto

Nitto / KRC Genk

23/3	24/3	25/3	26/3	27/3	28-29/3
Rust	**E** 50min	Rust	4x 1,2 km @4:55/km (3 min rustig ertussen)	Rust	**LR** 100 min
30/3	**31/3**	**1/4**	**2/4**	**3/4**	**4-5/4**
Rust	**E** 45 min	Rust	2x 15 min @5:05/km (5 min rustig ertussen)	Rust	**LR** 95 min
6/4	**7/4**	**8/4**	**9/4**	**10/4**	**11-12/4**
Rust	**E** 50 min	Rust	3x 2km @5:00/km (4 min rustig ertussen)	Rust	**LR** 90 min
13/4	**14/4**	**15/4**	**16/4**	**17/4**	**18-19/4**
Rust	**E** 40 min	Rust	6x 800m @4:50/km (400m rustig ertussen)	Rust	**LR** 70 min
TAPER **20/4**	**21/4**	**22/4**	**23/4**	**24/4**	**25-26/4**
Rust	**E** 35 min	Rust	**T** 20 min @5:05/km	Rust	**E** 50 min
27/4	**28/4**	**29/4**	**30/4**	**1/5**	**2/5**
Rust	**E** 25 min	Rust	3x 400m @4:45/km (200m rustig ertussen)	Rust	Rust



3/05/2026

EnergyVision

GENK LOOPT & WANDELT

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