START TO RUN
5KM IN 12 WEKEN

Rustig lopen = je kan nog praten
Wandelpauzes zijn perfect oké
Altijd: 5 min opwarming wandelen + 5 min cooling-down wandelen

9/2	10/2	11/2	12/2	13/2	14-15/2
Rust	*Rust*	*1 min lopen/ 1 min wandelen x10*	*Rust*	*Rust*	*1 min lopen/ 1 min wandelen x12*
16/2	**17/2**	**18/2**	**19/2**	**20/2**	**21-22/2**
Rust	*Rust*	*1 min lopen/ 1 min wandelen x14*	*Rust*	*Rust*	*2 min lopen/ 1 min wandelen x8*
23/2	**24/2**	**25/2**	**26/2**	**27/2**	**28/2 - 1/3**
Rust	*Rust*	*2 min lopen/ 1 min wandelen x9*	*Rust*	*Rust*	*2 min lopen/ 1 min wandelen x10*
2/3	**3/3**	**4/3**	**5/3**	**6/3**	**7-8/3**
Rust	*Rust*	*3min lopen/ 1 min wandelen x7*	*Rust*	*Rust*	*3 min lopen/ 1 min wandelen x8*
9/3	**10/3**	**11/3**	**12/3**	**13/2**	**14-15/3**
Rust	*Rust*	*4 min lopen/ 1 min wandelen x6*	*Rust*	*Rust*	*5 min lopen/ 1 min wandelen x5*
16/3	**17/3**	**18/3**	**19/3**	**20/3**	**21-22/3**
Rust	*Rust*	*6 min lopen/ 1 min wandelen x4*	*Rust*	*Rust*	*8 min lopen/ 1 min wandelen x3*

Nitto

Nitto

23/3	24/3	25/3	26/3	27/3	28-29/3
Rust	Rust	10 min lopen/ 1 min wandelen x3	Rust	Rust	12 min lopen/ 1 min wandelen x2 + 5' uitlopen
30/3	**31/3**	**1/4**	**2/4**	**3/4**	**4-5/4**
Rust	Rust	15 min lopen/ 1 min wandelen x2	Rust	Rust	20 min lopen (rustig)
6/4	**7/4**	**8/4**	**9/4**	**10/4**	**11-12/4**
Rust	Rust	2x 12 min lopen (telkens 2 min wandelen ertussen)	Rust	Rust	25 min lopen (rustig)
13/4	**14/4**	**15/4**	**16/4**	**17/4**	**18-19/4**
Rust	Rust	30 min lopen (rustig)	Rust	Rust	35 min lopen (rustig)
20/4	**21/4**	**22/4**	**23/4**	**24/4**	**25-26/4**
Rust	Rust	40 min lopen (rustig)	Rust	Rust	40 min lopen (rustig)
27/4	**28/4**	**29/4**	**30/4**	**1/5**	**2/5**
Rust	Rust	Rust	25 min lopen (rustig) + 4x 1 min stevig tempo (telkens 1 min rustiger ertussen)	Rust	



3/05/2026

EnergyVision

GENK LOOPT & WANDELT

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