TRAININGSSCHEMA
5KM IN 25 MINUTEN

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** 40min*	*Rust*	*8x 400m @5:00/km (200m rustig)*	*Rust*	***LR** 55 min*

16/2	17/2	18/2	19/2	20/2	21-22/2
Rust	***E** 40 min*	*Rust*	*6x 600m @5:00/km (300m rustig)*	*Rust*	***LR 60** min*

23/2	24/2	25/2	26/2	27/2	28/2 - 1/3
Rust	***E** 45 min + 6x 20 sec versnellen*	*Rust*	***T** 20 min @5:15/km*	*Rust*	***LR 65** min*

2/3	3/3	4/3	5/3	6/3	7-8/3
Rust	***E** 40 min*	*Rust*	*10x 300m @4:50-5:00/km (200m rustig)*	*Rust*	***LR** 70 min*

9/3	10/3	11/3	12/3	13/2	14-15/3
Rust	***E** 45 min*	*Rust*	*3x 8 min @5:10/km (2 min rustig)*	*Rust*	***LR** 70 min*

16/3	17/3	18/3	19/3	20/3	21-22/3
Rust	***E 40** min*	*Rust*	*5x 800m @5:00/km (400m rustig)*	*Rust*	***LR** 75 min*

Nitto

Nitto

23/3	24/3	25/3	26/3	27/3	28-29/3
Rust	**E** 45min	Rust	**T** 25 min @5:10/km	Rust	**LR** 75 min
30/3	**31/3**	**1/4**	**2/4**	**3/4**	**4-5/4**
Rust	**E** 40 min	Rust	3x 1km @ 4:55/km (3 min rustig)	Rust	**LR** 80 min
6/4	**7/4**	**8/4**	**9/4**	**10/4**	**11-12/4**
Rust	**E** 45 + 6x20 sec versnellen	Rust	12 x 400m @ 4:50/km (200m rustig)	Rust	**LR** 70 min
13/4	**14/4**	**15/4**	**16/4**	**17/4**	**18-19/4**
Rust	**E** 40 min	Rust	**T** 20 @5:05/km	Rust	**LR** 60 min
TAPER **20/4**	**21/4**	**22/4**	**23/4**	**24/4**	**25-26/4**
Rust	**E** 30 min	Rust	6x 400m @ 4:45/km (200m rustig)	Rust	**E** 45 min
27/4	**28/4**	**29/4**	**30/4**	**1/5**	**2/5**
Rust	**E** 25 min + 3x 30 sec vlot	Rust Rust	3x 200m vlot (volledige rust tussen)	Rust	Rust

5 km in 25 min

3/05/2026

EnergyVision

GENK LOOPT & WANDELT

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