TRAININGSSCHEMA
5KM IN 30 MINUTEN

E (Easy) = rustig (praattempo)
T (Tempo) = vlot/stevig (richting 6:00/km)
I (Interval) = kort sneller dan 6:00/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*** *30 min*	Rust	*6x 1 min @ 6:00/km (telkens 1 min rustig ertussen)*	Rust	***LR*** *40 min*
16/2	**17/2**	**18/2**	**19/2**	**20/2**	**21-22/2**
Rust	***E*** *35 min*	Rust	*4x 3 min @ 6:00/km (2 min rustig ertussen)*	Rust	***LR*** *45 min*
23/2	**24/2**	**25/2**	**26/2**	**27/2**	**28/2 - 1/3**
Rust	***E*** *35 min + 6x20 sec versnellen*	Rust	***T*** *15 min @6:10/km*	Rust	***LR*** *50 min*
2/3	**3/3**	**4/3**	**5/3**	**6/3**	**7-8/3**
Rust	***E*** *40 min*	Rust	*2x 8 min @6:00/km (3 min rustig ertussen)*	Rust	***LR*** *50 min*
9/3	**10/3**	**11/3**	**12/3**	**13/2**	**14-15/3**
Rust	***E 35*** *min*	Rust	*3x 6 min @ 6:00/km (2 min rustig ertussen)*	Rust	***LR 60*** *min*
16/3	**17/3**	**18/3**	**19/3**	**20/3**	**21-22/3**
Rust	***E 40*** *min*	Rust	***T*** *20 min @6:05/km*	Rust	***LR 60*** *min*

Nitto

Nitto

23/3	24/3	25/3	26/3	27/3	28-29/3
Rust	**E** 35min	Rust	12x 1 min @5:50/km (1 min rustig ertussen)	Rust	**LR 65** min
30/3	**31/3**	**1/4**	**2/4**	**3/4**	**4-5/4**
Rust	**E** 40 min	Rust	2x 10 min @ 6:00/km (3 min rustig ertussen)	Rust	**LR 60** min
6/4	**7/4**	**8/4**	**9/4**	**10/4**	**11-12/4**
Rust	**E** 35 min + 6x 20 sec versnellen	Rust	**T** 25 min @6:00-6:05/km	Rust	**LR 55** min
13/4	**14/4**	**15/4**	**16/4**	**17/4**	**18-19/4**
Rust	**E** 30 min	Rust	4x 4 min @6:00/km (2 min rustig ertussen)	Rust	**LR 45** min
TAPER **20/4**	**21/4**	**22/4**	**23/4**	**24/4**	**25-26/4**
Rust	**E** 25 min	Rust	6x 1min @5:50/km (1 min rustig ertussen)	Rust	**E** 35 min
27/4	**28/4**	**29/4**	**30/4**	**1/5**	**2/5**
Rust	**E** 20 min + 3 x 30 sec vlot lopen	Rust Rust	10' loslopen + 3x 2 min @6:00/km (2 min rustig ertussen)	Rust	Rust

5 km in 30 min

3/05/2026

EnergyVision

GENK LOOPT & WANDELT

03.05.2026