TRAININGSSCHEMA

16 KM + 90 MINUTEN

Doeltempo: trager dan **5:40/km**

E (Easy): rustig, praattempo
S (Steady): vlot maar controle (net onder tempo)
T (Tempo): stevig, maar niet 'kapot'
LR (Long Run): lange duurloop (rustig)

9/2	10/2	11/2	12/2	13/2	14-15/2
Rust	***E** 40 min*	*Rust*	*6x 1 min vlot (1 min rustig ertussen)*	*Rust*	***LR 75** min rustig*

16/2	17/2	18/2	19/2	20/2	21-22/2
Rust	***E** 45 min*	*Rust*	***S** 20 min*	*Rust*	***LR** 80 min rustig*

23/2	24/2	25/2	26/2	27/2	28/2 - 1/3
Rust	***E** 45 min + 6x 20 sec versnellen*	*Rust*	*4x 5 min steady (2 min rustig ertussen)*	*Rust*	***LR** 85 min rustig*

2/3	3/3	4/3	5/3	6/3	7-8/3
Rust	***E** 50 min*	*Rust*	***T** 15 min (stevig, maar haalbaar)*	*Rust*	***LR** 90 min rustig*

9/3	10/3	11/3	12/3	13/2	14-15/3
Rust	***E** 45 min*	*Rust*	***S** 25 min*	*Rust*	***LR** 95 min rustig*

16/3	17/3	18/3	19/3	20/3	21-22/3
Rust	***E** 50 min*	*Rust*	*3x 8 min steady (2 min rustig ertussen)*	*Rust*	***LR** 100 min rustig*

Nitto

Nitto

23/3	24/3	25/3	26/3	27/3	28-29/3
Rust	**E** 45 min	Rust	**T** 20 min	Rust	**LR** 105 min rustig
30/3	**31/3**	**1/4**	**2/4**	**3/4**	**4-5/4**
Rust	**E** 50 min + 6x 20 sec versnellen	Rust	6x 2 min vlot (2 min rustig ertussen)	Rust	**LR** 110 min rustig
6/4	**7/4**	**8/4**	**9/4**	**10/4**	**11-12/4**
Rust	**E** 45 min	Rust	**S** 30 min	Rust	**LR** 100 min rustig
13/4	**14/4**	**15/4**	**16/4**	**17/4**	**18-19/4**
Rust	**E** 40 min	Rust	4x 6 min steady (2 min rustig ertussen)	Rust	**LR** 90 min rustig
TAPER **20/4**	**21/4**	**22/4**	**23/4**	**24/4**	**25-26/4**
Rust	**E** 35 min	Rust	**T** 15 min	Rust	**E** 70 min
27/4	**28/4**	**29/4**	**30/4**	**1/5**	**2/5**
Rust	Rust	**E** 30 min	Rust	20 sec los + 4x 1 min vlot (1 min rustig ertussen)	Rust



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EnergyVision

GENK LOOPT & WANDELT

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