TRAININGSSCHEMA
16 KM ONDER 90 MINUTEN

Doeltempo: +/- 5:35/km

E (Easy): rustig, praattempo
T (Tempo): stevig (rond 16 km-tempo of iets trager)
I (Interval): sneller dan doeltempo
LR (Long Run): lange duurloop (rustig, soms met versnelling)

9/2	10/2	11/2	12/2	13/2	14-15/2
Rust	***E** 45 min + 6x20 sec versnellen*	*Rust*	*6x 800m @5:10/km (400m rustig ertussen)*	*Rust*	***LR** 90 min rustig*
16/2	**17/2**	**18/2**	**19/2**	**20/2**	**21-22/2**
Rust	***E** 50 min*	*Rust*	***T** 25 min @5:45/km*	*Rust*	***LR** 100 min rustig*
23/2	**24/2**	**25/2**	**26/2**	**27/2**	**28/2 - 1/3**
Rust	***E** 50 min*	*Rust*	*2x 15 min @5:40/km (5 min rustig ertussen)*	*Rust*	***LR** 100 min rustig*
2/3	**3/3**	**4/3**	**5/3**	**6/3**	**7-8/3**
Rust	***E** 45 min*	*Rust*	*2x 15 min @5:40/km (5 min rustig ertussen)*	*Rust*	***LR** 105 min rustig*
9/3	**10/3**	**11/3**	**12/3**	**13/2**	**14-15/3**
Rust	***E** 50 min*	*Rust*	*5x 1km @5:10/km (2 min rustig ertussen)*	*Rust*	***LR** 110 min rustig*
16/3	**17/3**	**18/3**	**19/3**	**20/3**	**21-22/3**
Rust	***E** 45 min*	*Rust*	***T** 35 min @5:40/km*	*Rust*	***LR** 110 min rustig*

Nitto

Nitto

23/3	24/3	25/3	26/3	27/3	28-29/3
Rust	**E** 50 min	Rust	3x 2 km @5:30/km (4 min rustig ertussen)	Rust	**LR** 120 min rustig
30/3	**31/3**	**1/4**	**2/4**	**3/4**	**4-5/4**
Rust	**E** 45 min + 6x 20 sec versnellen	Rust	8x 600m @5:05/km (300m rustig ertussen)	Rust	**LR** 110 min rustig
6/4	**7/4**	**8/4**	**9/4**	**10/4**	**11-12/4**
Rust	**E** 50 min	Rust	**T** 40 min @5:35-5:40/km	Rust	**LR** 100 min rustig
13/4	**14/4**	**15/4**	**16/4**	**17/4**	**18-19/4**
Rust	**E** 40 min	Rust	4x 1km @5:15/km (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** 25 min @5:35/km	Rust	**E** 70 min
27/4	**28/4**	**29/4**	**30/4**	**1/5**	**2/5**
Rust	Rust	**E** 30 min + 4x 20 sec vlot	Rust	3x 400m vlot (volledige rust tussen)	Rust



3/05/2026

EnergyVision

GENK LOOPT & WANDELT

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