

## Trainingschema 21 kilometer

Datum*	Week 1 (43 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	3	Max. -30%	65 min.	3 x 10 min. P = 5
__/__/__	Training 2	2	Max. -40%	40 min.	
__/__/__	Training 3	1	Max. -50%	70 min.	

Datum*	Week 2 (50 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	3	Max. -30%	70 min.	8 x 4 min. P = 2
__/__/__	Training 2	2	Max. -40%	50 min.	
__/__/__	Training 3	3	Max. -30%	55 min.	
__/__/__	Training 4	1	Max. -50%	75 min.	

Datum*	Week 3 (41 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	3	Max. -30%	75 min.	10 x 3 min. P = 2
__/__/__	Training 2	1	Max. -50%	80 min.	
__/__/__	Training 3	3	Max. -30%	50 min.	

Datum*	Week 4 (49 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	3	Max. -30%	60 min.	
__/__/__	Training 2	2	Max. -40%	45 min.	
__/__/__	Training 3	3	Max. -30%	60 min.	6x 4 min. P = 2
__/__/__	Training 4	1	Max. -50%	80 min.	

Datum*	Week 5 (39 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	4	Max. -20%	60 min.	10 x 3 min. P = 1
__/__/__	Training 2	3	Max. -30%	60 min.	
__/__/__	Training 3	1	Max. -50%	75 min.	

Datum*	Week 6 (44 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	4	Max. -20%	60 min.	5 x 6 min. P = 2
__/__/__	Training 2	2	Max. -40%	30 min.	
__/__/__	Training 3	3	Max. -30%	50 min.	
__/__/__	Training 4	1	Max. -50%	90 min.	

Datum*	Week 7 (34 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	1	Max. -50%	40 min.	
__/__/__	Training 2	3	Max. -30%	40 min.	3 x 5 min. P = 2
__/__/__	Training 3	1	Max. -30%	15 kilometer loop	

Datum*	Week 8 (54 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	1	Max. -50%	50 min.	
__/__/__	Training 2	4	Max. -20%	70 min.	8 x 4 min. P = 2
__/__/__	Training 3	2	Max. -40%	90 min.	
__/__/__	Training 4	2	Max. -40%	60 min.	4, 6, 8, 10, 8, 6, 4 P = 2

Datum*	Week 9 (55 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	4	Max. -20%	75 min.	7 x 5 P = 3
__/__/__	Training 2	1	Max. -50%	60 min.	
__/__/__	Training 3	3	Max. -30%	60 min.	
__/__/__	Training 4	2	Max. -40%	80 min.	

Datum*	Week 10 (60 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	3	Max. -30%	75 min.	9 x 4 min. P = 2
__/__/__	Training 2	1	Max. -50%	80 min.	
__/__/__	Training 3	3	Max. -30%	45 min.	
__/__/__	Training 4	2	Max. -40%	100 min.	

Datum*	Week 11 (44 km)	Zone	Hartslag	Duur	Programma
__/__/__	Training 1	1	Max. -50%	40 min.	
__/__/__	Training 2	3	Max. -30%	50 min.	5, 7, 9, 7, 5 P = 2
__/__/__	Training 3	4	Max. -20%	65 min.	6 x 5 min. P = 2
__/__/__	Training 4	2	Max. -40%	65 min.	2 x 20 P = 5

Datum*	Week 12 (40 km)	Zone	Hartslag	Duur
__/__/__	Training 1	3	Max. -30%	35 min.
__/__/__	Training 2	1	Max. -50%	30 min.
__/__/__	Training 3	1	Max. -50%	25 min.
__/__/__	De dag	3	Max. -30%	Halve marathon

\* Zelf invullen