

## Trainingschema 5 kilometer

H = Hardlopen (rustig tempo, zorg dat je nog kunt praten)

W = Wandelen (stevig tempo, zodat je warm blijft)

Neem na iedere training een dag rust

Datum*	Week 1	H	W	H	W	H	W	H	W	H	W	Totaal
__/__/__	Training 1	1	1	1	1	2	2	2	2	3	3	18 min
__/__/__	Training 2	1	1	1	1	2	2	3	3	3	3	20 min
__/__/__	Training 3	1	1	2	2	2	2	3	3	3	3	22 min

Datum*	Week 2	H	W	H	W	H	W	H	W	H	W	Totaal
__/__/__	Training 1	1	1	2	2	2	2	3	3	3	3	22 min
__/__/__	Training 2	2	2	3	3	3	3	3	3			22 min
__/__/__	Training 3	1	1	2	2	3	3	3	3	3	3	24 min

Datum*	Week 3 & 4	H	W	H	W	H	W	H	W	H	W	H	W	H	W	H	W	Totaal	
__/__/__	Training 1	1	1	2	2	3	3	3	3	3	3							24 min	
__/__/__	Training 2	2	2	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	25 min
__/__/__	Training 3	1	1	2	2	4	3	4	3	5	2							27 min	

Datum*	Week 5 & 6	H	W	H	W	H	W	H	W	H	W	Totaal
__/__/__	Training 1	2	2	3	2	5	3	5	3	5	2	32 min
__/__/__	Training 2	2	1	3	2	6	2	6	2	7	2	33 min
__/__/__	Training 3	2	2	4	2	5	2	6	2	7	2	34 min

Datum*	Week 7	H	W	H	W	H	W	H	W	Totaal
__/__/__	Training 1	5	1	6	2	7	2	8	1	32 min
__/__/__	Training 2	8	1	8	2	8	1	8	1	37 min
__/__/__	Training 3	10	2	10	2	12	1			37 min

Datum*	Week 8 & 9	H	W	H	W	H	W	Totaal
__/__/__	Training 1	15	2	15	2			32 min
__/__/__	Training 2	10	1	12	1	12	1	37 min
__/__/__	Training 3	10	1	20	1			37 min

Datum*	Week 10	H	W	Totaal
__/__/__	Training 1	30	2	32 min
__/__/__	Training 2	32	2	34 min
__/__/__	Training 3	30	2	32 min

\* Zelf invullen