

Week 1 18 minuten

1' 1' 1' 1' 2' 2' 2' 2' 3' 3'

20 minuten

1' 1' 1' 1' 2' 2' 3' 3' 3' 3'

Week 2 22 minuten

1' 1' 2' 2' 2' 2' 3' 3' 3' 3'

22 minuten

1' 1' 1' 1' 2' 2' 3' 3' 3' 3'

Week 3 22 minuten

2' 2' 3' 3' 3' 3' 3' 3'

24 minuten

1' 1' 2' 2' 3' 3' 3' 3' 3' 3'

Week 4 23 minuten

1' 1' 2' 2' 3' 3' 3' 3' 3' 2'

25 minuten

2' 2' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'

Week 5 26 minuten

1' 1' 2' 2' 4' 3' 4' 3' 5' 1'

24 minuten

1' 1' 2' 2' 3' 3' 3' 3' 3' 2'

25 minuten

2' 2' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'

Week 6 26 minuten

1' 1' 2' 2' 4' 3' 4' 3' 5' 1'

32 minuten

2' 2' 3' 2' 5' 3' 5' 3' 5' 2'

33 minuten

2' 1' 3' 2' 6' 2' 6' 2' 7' 2'

Week 7 34 minuten

2' 2' 4' 2' 5' 2' 6' 2' 7' 2'

32 minuten

2' 2' 3' 2' 5' 3' 5' 3' 5' 2'

33 minuten

2' 1' 3' 2' 6' 2' 6' 2' 7' 2'

Week 8 34 minuten

2' 2' 4' 2' 5' 2' 6' 2' 7' 2'

22 minuten

5' 1' 6' 2' 7' 2' 8' 1'

37 minuten

8' 1' 8' 2' 8' 1' 8' 1'

Week 9 37 minuten

10' 2' 10' 2' 12' 1'

34 minuten

15' 2' 15' 2'

37 minuten

10' 1' 12' 1' 12' 1'

Week 10 32 minuten

10' 1' 20' 1'

34 minuten

15' 2' 15' 2'

37 minuten

10' 1' 12' 1' 12' 1'

Week 11 32 minuten

10' 1' 20' 1'

30' 1' of 2' naar keuze

32' 1' of 2' naar keuze

Week 12 26 minuten

30' 1'

20' 1' 4' 2' 5' 2' 6' 2' 7' 2'

Legende: ■ joggen ■ wandelen

