

- =opbouw
- =intensievere week
- =relatieve rustweek

Z1: rustig tempo : Hfmax - 50  
 Z2: extensief: Hfmax - 40  
 Z3: extensief kort Hfmax - 30  
 Z4: intensief Hfmax - 20  
 Z5: intensief kort Hfmax - 10

Week 1	Training
Training 1	rustig loslopen 20' Z1
Training 2	10' loslopen - stretchen - 10' loslopen
Training 3	2 x 15' Z1

Week 2	Training
Training 1	rustig loslopen 20' Z1
Training 2	10' loslopen - stretchen - 15' loslopen
Training 3	2 x 15' Z1

Week 3	Training
Training 1	rustig loslopen 25' Z1
Training 2	10' loslopen - 4 x 80m versnellen - 10' loslopen
Training 3	2 x 20' Z1

Week 4	Training
Training 1	rustig loslopen 30' Z1
Training 2	10' loslopen - 5 x (1' Z2 - 1' Z1) - 5' uitlopen
Training 3	10' loslopen Z1 - stretchen - 20' loslopen Z1

Week 5	Training
Training 1	rustig loslopen 20' Z1
Training 2	10' loslopen Z1 - 10 x (15" versnellen-45" joggen) - 10' loslopen Z1
Training 3	10' Z1 - 10' Z2 - 10' Z1

Week 6	Training
Training 1	rustig loslopen 30' Z1
Training 2	10' loslopen Z1 - 5 x (1' Z3 - 1' Z1) - 10' loslopen Z1
Training 3	10' Z1 - 10' Z2 - 10' Z1

Week 7	Training
Training 1	rustig loslopen 35' Z1
Training 2	10' loslopen Z1 - 10 x (20" versnellen - 40" jog) - 10' loslopen Z1
Training 3	10' Z1 - 5' Z2 - 5' Z1 - 5' Z2 - 10' Z1

Week 8	Training
Training 1	rustig loslopen 30' Z1
Training 2	10' loslopen Z1 - 3 x (2' Z3 - 3' Z1) - 10' loslopen Z1
Training 3	10' Z1 - 10' Z2 - 10' Z1

Week 9	Training
Training 1	rustig loslopen 40' Z1
Training 2	10' loslopen Z1 - 10 x (30" versnellen - 30" jog) - 10' loslopen Z1
Training 3	10' Z1 - 5' Z2 - 5' Z1 - 5' Z2 - 10' Z1

Week 10	Training
Training 1	rustig loslopen 40' Z1
Training 2	10' loslopen Z1 - 5' Z2 - 3' Z3 - 12' loslopen Z1
Training 3	10' Z1 - 10' Z2 - 10' Z1

Week 11	Training
Training 1	rustig loslopen 45' Z1
Training 2	10' loslopen - 5 x (1' Z4 - 2' Z1) - 10' loslopen Z1
Training 3	10' Z1 - 10' Z2 - 5' Z3 - 10' Z1

Week 12	Training
Training 1	rustig loslopen 30' Z1
Training 2	10' loslopen Z1 - 10 x (30" versnellen - 30" jog) - 10' loslopen Z1

