



TRAININGSSCHEMA 10KM

Dit schema bouwt in 13 weken op naar de 10 km.

LLD = Lange Langzame Duurloop

DL = Duurloop

SDL = Snelle Duurloop

IV = Intervaltraining

NETTO = De tijd die je werkelijk op niveau loopt

T = Op tempo lopen

R = Herstel/ rustig joggen

WEEK 1:

Training 1: DL 30 min

Training 2: SDL 35 min, NETTO 20 min

Training 3: LLD 35 min

WEEK 2:

Training 1: DL 35 min

Training 2: IV 5 x 4 min T, 2 min R

Training 3: DL 35 min

WEEK 3:

Training 1: DL 40 min

Training 2: SDL 45 min, NETTO 25 min

Training 3: LLD 40 min

WEEK 4:

Training 1: DL 30 min

Training 2: IV 6 x 2 min T, 1 min R

Training 3: DL 30 min

WEEK 5:

Training 1: DL 45 min

Training 2: SDL 45 min, NETTO 30 min

Training 3: LLD 45 min

WEEK 6:

Training 1: DL 50 min

Training 2: IV 5 x 5 min T, 2 min R

Training 3: DL 50 min



WEEK 7:

Training 1: DL 55 min

Training 2: SDL 50 min, NETTO 35 min

Training 3: LLD 55 min

WEEK 8:

Training 1: DL 40 min

Training 2: IV 8 x 2 min T, 1 min R

Training 3: DL 40 min

WEEK 9:

Training 1: DL 55 min

Training 2: SDL 55 min, NETTO 40 min

Training 3: LLD 60 min

WEEK 10:

Training 1: DL 60 min

Training 2: IV 5 x 6 min T, 2 min R

Training 3: DL 60 min

WEEK 11:

Training 1: DL 65 min

Training 2: SDL 60 min, NETTO 45 min

Training 3: LLD 70 min

WEEK 12:

Training 1: DL 60 min

Training 2: IV 5 x 3 min T, 1 min R

Training 3: DL 50 min

WEEK 13:

Training 1: DL 40 min

Training 2: DL 35 min

Training 3: 10 KM!