



TRAININGSSCHEMA 5KM

Dit schema bouwt in 13 weken op naar de 5 km.

W = Wandelen

H = [rustig] Hardlopen

WEEK 1:

Training 1: 6 x 1 min W, 2 min H

Training 2: 2 x 2 min W, 6 min H

Training 3: 2 x 2 min W, 6 min H

WEEK 2:

Training 1: 5 x 1 min W, 3 min H

Training 2: 2 x 2 min W, 7 min H

Training 3: 2 x 2 min W, 7 min H

WEEK 3:

Training 1: 4 x 2 min W, 4 min H

Training 2: 2 x 1 min W, 6 min H

Training 3: 2 x 1 min W, 6 min H

WEEK 4:

Training 1: 4 x 2 min W, 5 min H

Training 2: 2 x 1 min W, 7 min H

Training 3: 2 x 1 min W, 7 min H

WEEK 5:

Training 1: 7 x 1 min W, 3 min H

Training 2: 15 min H

Training 3: 15 min H

WEEK 6:

Training 1: 6 x 2 min W, 4 min H

Training 2: 18 min H

Training 3: 18 min H

WEEK 7:

Training 1: 5 x 2 min W, 5 min H

Training 2: 21 min H

Training 3: 21 min H



WEEK 8:

Training 1: 9 x 1 min W, 3 min H

Training 2: 24 min H

Training 3: 24 min H

WEEK 9:

Training 1: 3 x 2 min W, 9 min H

Training 2: 27 min H

Training 3: 27 min H

WEEK 10:

Training 1: 7 x 2 min W, 4 min H

Training 2: 30 min H

Training 3: 30 min H

WEEK 11:

Training 1: 7 x 1 min W, 4 min H

Training 2: 35 min H

Training 3: 35 min H

WEEK 12:

Training 1: 4 x 2 min W, 7 min H

Training 2: 40 min H

Training 3: 30 min H

WEEK 13:

Training 1: 30 min H

Training 2: 30 min H

Training 3: 5 KM!