

Trainingsschema: .. van 5 km naar 10 km in 10 weken		
Iedere training beginnen wij met 10' <u>warming</u> -up en stretching		
Einde van de training met een <u>cooling</u> down van 10' zeer rustig joggen		
<b>Week 1</b>	Training 1	30' joggen
30/7-5/8	Training 2	35' joggen
	Training 3	4000 m waarin 4 x 100 m versnellen
<b>Week 2</b>	Training 1	30' joggen
6/8-12/8	Training 2	38 ' joggen
	Training 3	4000 m waarin 6 x 100 m versnellen
<b>Week 3</b>	Training 1	30' joggen
13/8-19/8	Training 2	41' joggen
	Training 3	4000 m waarin 8 x 100 m versnellen
<b>Week 4</b>	Training 1	30' joggen
20/8-26/8	Training 2	45' joggen
	Training 3	3 x 100 m versnellen gevolgd door telkens 300 m joggen
		2 x 200 m versnellen gevolgd door telkens 400 m joggen
<b>Week 5</b>	Training 1	30' joggen
27/8-2/9	Training 2	50' joggen
	Training 3	3 x 100 m versnellen met 300 m joggen (heel traag)
		3 x 200 m versnellen met 400m joggen
<b>Week 6</b>	Training 1	35' joggen
3/9-9/9	Training 2	50' joggen
	Training 3	4 x 100 m versnellen met 300 m joggen
		4 x 200 m versnellen met 400 m joggen
		(100 m snel en 200 m snel afwisselen)
<b>Week 7</b>	Training 1	35 ' joggen
10/9-16/9	Training 2	55' joggen
	Training 3	100 m snel, 300 m joggen, 200 m snel, 400 m joggen,
		300 m snel, 400 m joggen + de reeks herhalen
<b>Week 8</b>	Training 1	35' joggen
17/9-23/9	Training 2	60'(1uur) joggen
	Training 3	10 x 100 m versnellen met 300 m joggen
<b>Week 9</b>	Training	35' joggen
24/9-30/9	Training 2	1u 5' joggen
	Training 3	Herhaling training 3 van week 7
<b>Week 10</b>	Training	35' joggen
1/10-7/10	Training 2	1u 10' joggen
	Training 3	4 x 400 m versnellen met 400 m joggen