

TRAININGSSCHEMA START TO RUN

J = JOGGEN

W = WANDELEN

Startdatum

11/03/25

WEEK 1

Di 11/3	1'	1'	1'	1'	2'	2'	2'	2'	3'	3'	
Do 13/3	1'	1'	1'	1'	2'	2'	3'	3'	3'	3'	
Zo 16/3	1'	1'	2'	2'	2'	2'	3'	3'	3'	3'	

Joggen	Wandelen	Totaal
9'	9'	18'
10'	10'	20'
11'	11'	22'

WEEK 2

Di 18/3	1'	1'	2'	2'	2'	2'	3'	3'	3'	3'	
Do 20/3	2'	2'	3'	3'	3'	2'	2'	3'	3'		
Zo 23/3	1'	1'	2'	2'	3'	3'	3'	3'	3'	3'	

11'	11'	22'
11'	11'	22'
12'	12'	24'

WEEK 3

Di 25/3	1'	1'	2'	2'	2'	3'	3'	3'	3'	2'				
Do 27/3	2'	2'	2'	1'	2'	1'	2'	1'	2'	1'	2'	1'	2'	1'
Zo 30/3	1'	1'	2'	2'	4'	3'	4'	3'	5'	1'				

11'	11'	22'
16'	9'	25'
16'	10'	26'

WEEK 4

Di 1/4	1'	1'	2'	2'	2'	3'	3'	3'	3'	2'				
Do 3/4	2'	2'	2'	1'	2'	1'	2'	1'	2'	1'	2'	1'	2'	1'
Zo 6/4	1'	1'	2'	2'	4'	3'	4'	3'	5'	1'				

11'	11'	22'
16'	9'	25'
16'	10'	26'

WEEK 5

Di 8/4	2'	2'	3'	2'	5'	3'	5'	3'	5'	2'	
Do 10/4	2'	1'	3'	2'	6'	2'	6'	2'	7'	2'	
Zo 13/4	2'	2'	4'	2'	5'	2'	6'	2'	7'	2'	

20'	12'	32'
24'	9'	33'
24'	10'	34'

WEEK 6

Di 15/4	2'	2'	3'	2'	5'	3'	5'	3'	5'	2'	
Do 17/4	2'	1'	3'	2'	6'	2'	6'	2'	7'	2'	
Zo 20/4	2'	2'	4'	2'	5'	2'	6'	2'	7'	2'	

20'	12'	32'
24'	9'	33'
24'	10'	34'

WEEK 7

Di 22/4	5'	1'	6'	2'	7'	2'	8'	1'	
Do 24/4	8'	1'	8'	2'	8'	1'	8'		
Zo 27/4	10'	2'	10'	2'	12'				

26'	6'	32'
32'	5'	37'
32'	5'	37'

WEEK 8

Di 29/4	15'	2'	15'	2'	
Do 1/5	10'	1'	12'	1'	12'
Zo 4/5	10'	1'	20'	1'	

30'	4'	34'
34'	3'	37'
30'	2'	32'

WEEK 9

Di 6/5	15'	2'	15'	2'	
Do 8/5	10'	1'	12'	1'	12'
Zo 11/5	10'	1'	20'	1'	

30'	4'	34'
34'	3'	37'
30'	2'	32'

WEEK 10

Di 13/5	30' (met 1' of 2' W naar keuze)
Do 15/5	32' (met 1' of 2' W naar keuze)

30'	2'	32'
32'	2'	34'

ZONDAG 18/5/2025: TEST 5 KM