

Schema

Start to walk

5 km

Week 1	Dag	Training	Opmerkingen
1	1		
	2	15 min	😊 😐 😞
	3		
	4	15 min	😊 😐 😞
	5		
	6	20 min	😊 😐 😞
	7		

Week 2	Dag	Training	Opmerkingen
2	1		
	2	15 min	😊 😐 😞
	3		
	4	15 min	😊 😐 😞
	5		
	6	20 min	😊 😐 😞
	7		

Week 3	Dag	Training	Opmerkingen
3	1		
	2	15 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	25 min	😊 😐 😞
	7		

Week 4	Dag	Training	Opmerkingen
4	1		
	2	20 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	25 min	😊 😐 😞
	7		

Week 5	Dag	Training	Opmerkingen
5	1		
	2	25 min	😊 😐 😞
	3		
	4	25 min	😊 😐 😞
	5		
	6	30 min	😊 😐 😞
	7		

Week 6	Dag	Training	Opmerkingen
6	1		
	2	30 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	40 min	😊 😐 😞
	7		

Week 7	Dag	Training	Opmerkingen
7	1		
	2	40 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	45 min	😊 😐 😞
	7		

Week 8	Dag	Training	Opmerkingen
8	1		
	2	45 min	😊 😐 😞
	3		
	4	40 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		