

SCHEMA START TO WALK 5 KM



WEEK	DAG	TRAINING	OPMERKINGEN
W1	1		
	2	15 min	😊 😐 😞
	3		
	4	15 min	😊 😐 😞
	5		
	6	20 min	😊 😐 😞
	7		
W2	1		
	2	15 min	😊 😐 😞
	3		
	4	15 min	😊 😐 😞
	5		
	6	20 min	😊 😐 😞
	7		

WEEK	DAG	TRAINING	OPMERKINGEN
W3	1		
	2	15 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	25 min	😊 😐 😞
	7		
W4	1		
	2	20 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	25 min	😊 😐 😞
	7		

WEEK	DAG	TRAINING	OPMERKINGEN
W5	1		
	2	25 min	😊 😐 😞
	3		
	4	25 min	😊 😐 😞
	5		
	6	30 min	😊 😐 😞
	7		
W6	1		
	2	30 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	40 min	😊 😐 😞
	7		
W7	1		
	2	40 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	45 min	😊 😐 😞
	7		
W8	1		
	2	45 min	😊 😐 😞
	3		
	4	40 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		

SCHEMA START TO WALK 10 KM



WEEK	DAG	TRAINING	OPMERKINGEN
W1	1		
	2	20 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	30 min	😊 😐 😞
	7		
W2	1		
	2	30 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	45 min	😊 😐 😞
	7		
W3	1		
	2	45 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		

WEEK	DAG	TRAINING	OPMERKINGEN
W4	1		
	2	45 min	😊 😐 😞
	3		
	4	45 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		
W5	1		
	2	50 min	😊 😐 😞
	3		
	4	45 min	😊 😐 😞
	5		
	6	5 km	😊 😐 😞
	7		
W6	1		
	2	60 min	😊 😐 😞
	3		
	4	45 min	😊 😐 😞
	5		
	6	6 km	😊 😐 😞
	7		

WEEK	DAG	TRAINING	OPMERKINGEN
W7	1		
	2	60 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	7 km	😊 😐 😞
	7		
W8	1		
	2	75 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	8 km	😊 😐 😞
	7		
W9	1		
	2	75 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	8 km	😊 😐 😞
	7		
W10	1		
	2	60 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	10 km	😊 😐 😞
	7		

SCHEMA HALVE MARATHON 21 KM



WEEK	DAG	TRAINING	KM
W1	1		
	2	60' tempo 1	4
	3		
	4	45' tempo 2	4
	5		
	6	7 km	7
	7		
W2	1		
	2	60' tempo 1	4
	3		
	4	45' tempo 2	4
	5		
	6	10 km	10
	7		
W3	1		
	2	60' tempo 2	5
	3		
	4	60' tempo 2	5
	5		
	6	10 km	10
	7		
W4	1		
	2	60' tempo 2	5
	3		
	4	45' tempo 123 interval	4
	5		
	6	12 km	12
	7		

WEEK	DAG	TRAINING	KM
W5	1		
	2	60' tempo 1	4
	3		
	4	45' tempo 2	4
	5		
	6	10 km	10
	7		
W6	1		
	2	60' tempo 2-3	5,5
	3		
	4	45' tempo 123 interval	4
	5		
	6	12 km	12
	7		
W7	1		
	2	60' tempo 2-3	5,5
	3		
	4	60' tempo 123 interval	5
	5		
	6	14 km	14
	7		
W8	1		
	2	75' tempo 2-3	7
	3		
	4	60' tempo 3	6
	5		
	6	16 km	16
	7		

WEEK	DAG	TRAINING	KM
W9	1		
	2	60' tempo 1	4
	3		
	4	60' tempo 2	5
	5		
	6	10 km	10
	7		
W10	1		
	2	75' tempo 3	7,5
	3		
	4	60' tempo 123 interval	5
	5		
	6	16 km	16
	7		
W11	1		
	2	75' tempo 3	7,5
	3		
	4	60' tempo 123 interval	5
	5		
	6	18 km	18
	7		
W12	1		
	2	60' tempo 1	4
	3		
	4	30' tempo 2	2,5
	5		
	6	21 km	21
	7		