Trainingsschema Start2Run

Training 1 week 1		Training 2 week 1		Training 3 week 1	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen wandele	
1	1	1	1	1	1
1	1	1	1	2	2
2	2	2	2	2	2
2	2	3	3	3	3
3	3	3	3	3	3
9	9	10	10	11	11
Training	1 week 2	Training	2 week 2	Training	3 week 2
Min	uten	Min	uten	Min	uten
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
1	1	2	2	1	1
2	2	3	3	2	2
2	2	3	3	3	3
3	3	3	3	3	3
3	3			3	3
11	11	11	11	12	12
1					
	1 week 3		2 week 3		3 week 3
Min	uten	Min	uten	Min	uten
Min hardlopen	uten wandelen	Min hardlopen	uten wandelen	Min hardlopen	uten wandelen
Min hardlopen 1	uten wandelen 1	Min hardlopen 2	wandelen 2	Min hardlopen 1	uten wandelen 1
Min- hardlopen 1 2	uten wandelen 1 2	Min hardlopen 2 2	uten wandelen 2 1	Min hardlopen 1 2	uten wandelen 1 2
Min hardlopen 1 2 3	uten wandelen 1 2 3	Min hardlopen 2 2 2	wandelen 2 1	Min hardlopen 1 2 4	uten wandelen 1 2 3
Min hardlopen 1 2 3 3	uten wandelen 1 2 3 3	Min hardlopen 2 2 2 2	uten wandelen 2 1 1	Min hardlopen 1 2 4 4	uten wandelen 1 2 3 3
Min hardlopen 1 2 3	uten wandelen 1 2 3	Min hardlopen 2 2 2 2 2 2	uten wandelen 2 1 1 1	Min hardlopen 1 2 4	uten wandelen 1 2 3
Min hardlopen 1 2 3 3	uten wandelen 1 2 3 3	Min hardlopen 2 2 2 2 2 2 2 2 2 2	uten wandelen 2 1 1 1 1	Min hardlopen 1 2 4 4	uten wandelen 1 2 3 3
Min hardlopen 1 2 3 3	uten wandelen 1 2 3 3	Min hardlopen 2 2 2 2 2 2 2 2 2 2 2 2 2 2	uten wandelen 2 1 1 1 1 1 1 1 1	Min hardlopen 1 2 4 4	uten wandelen 1 2 3 3
Min hardlopen 1 2 3 3 3	wandelen 1 2 3 3 3	Min hardlopen 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	uten wandelen 2 1 1 1 1 1 1 1 1 1 1 1 1 1	Min hardlopen 1 2 4 4 5	wandelen 1 2 3 3 1
Min hardlopen 1 2 3 3	uten wandelen 1 2 3 3	Min hardlopen 2 2 2 2 2 2 2 2 2 2 2 2 2 2	uten wandelen 2 1 1 1 1 1 1 1 1	Min hardlopen 1 2 4 4	uten wandelen 1 2 3 3
Min hardlopen 1 2 3 3 3 1 1 12	wandelen 1 2 3 3 3 1 12	Min hardlopen 2 2 2 2 2 2 2 2 2 16	uten wandelen 2 1 1 1 1 1 9	Min hardlopen 1 2 4 4 5	uten wandelen 1 2 3 3 1 1
Min hardlopen 1 2 3 3 3 1 12 Training	wandelen 1 2 3 3 3 3 12 12	Min hardlopen 2 2 2 2 2 2 2 2 2 16 Training	uten wandelen 2 1 1 1 1 1 9 2 week 4	Min hardlopen 1 2 4 4 5 16 Training	uten wandelen 1 2 3 3 1 1 10 3 week 4
Min hardlopen 1 2 3 3 3 1 12 Training Min	wandelen 1 2 3 3 3 3 1 12 1 week 4 uten	Min hardlopen 2 2 2 2 2 2 2 2 16 Training Min	uten wandelen 2 1 1 1 1 1 9 2 week 4 uten	Min hardlopen 1 2 4 4 5 Training Min	uten wandelen 1 2 3 3 1 10 3 week 4 uten
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen	wandelen 1 2 3 3 3 3 12 1 week 4 uten wandelen	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen	uten wandelen 2 1 1 1 1 1 2 wandelen 2 uten wandelen	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen	uten wandelen 1 2 3 3 1 1 10 3 week 4 uten wandelen
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen 1	wandelen 1 2 3 3 3 3 1 12 1 week 4 uten wandelen 1	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen	uten wandelen 2 1 1 1 1 1 9 2 week 4 uten wandelen 1	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen	uten wandelen 1 2 3 3 1 1 10 3 week 4 uten wandelen 2
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen 1 2	uten wandelen 1 2 3 3 3 12 1 week 4 uten wandelen 1 2	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen	uten wandelen 2 1 1 1 1 1 2 week 4 uten wandelen 1 2	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen 2 2	uten wandelen 1 2 3 3 1 1 10 3 week 4 uten wandelen 2 1
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen 1 2 3 3	12 1 week 4 uten wandelen 1 2 3 3 3 1 12 1 week 4 uten wandelen 1 2 3	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen 1 2 4	uten wandelen 2 1 1 1 1 1 2 wandelen 1 2 uten wandelen 1 2 wandelen 1 3 3	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen 2 2 2 2	10 3 week 4 uten wandelen 2 3 3 1 1 10 10
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen 1 2 3 3 3 3 3 3	12 1 week 4 uten wandelen 1 2 3 3 3 1 12 1 week 4 uten wandelen 1 2 3 3 3 3	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen 1 2 4 4	uten wandelen 2 1 1 1 1 1 1 2 week 4 uten wandelen 1 2 3 3	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen 2 2 2 2 2	10 3 week 4 uten wandelen 2 1 10 10 10 10 11 11 11
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen 1 2 3 3	12 1 week 4 uten wandelen 1 2 3 3 3 1 12 1 week 4 uten wandelen 1 2 3	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen 1 2 4	uten wandelen 2 1 1 1 1 1 2 wandelen 1 2 uten wandelen 1 2 wandelen 1 3 3	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen 2 2 2 2 2 2	uten wandelen 1 2 3 3 1 10 3 week 4 uten wandelen 2 1 1 1 1 1
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen 1 2 3 3 3 3 3 3	12 1 week 4 uten wandelen 1 2 3 3 3 1 12 1 week 4 uten wandelen 1 2 3 3 3 3	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen 1 2 4 4	uten wandelen 2 1 1 1 1 1 1 2 week 4 uten wandelen 1 2 3 3	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen 2 2 2 2 2 2 2 2 2	uten wandelen 1 2 3 3 1 1 10 3 week 4 uten wandelen 2 1 1 1 1 1
Min hardlopen 1 2 3 3 3 1 12 Training Min hardlopen 1 2 3 3 3 3 3 3	12 1 week 4 uten wandelen 1 2 3 3 3 1 12 1 week 4 uten wandelen 1 2 3 3 3 3	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen 1 2 4 4	uten wandelen 2 1 1 1 1 1 1 2 week 4 uten wandelen 1 2 3 3	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen 2 2 2 2 2 2 2 2 2 2	uten wandelen 1 2 3 3 1 1 10 3 week 4 uten wandelen 2 1 1 1 1 1 1 1
Min hardlopen 1 2 3 3 3 3 1 12 Training Min hardlopen 1 2 3 3 3 3 3 3	12 1 week 4 uten wandelen 1 2 3 3 3 1 12 1 week 4 uten wandelen 1 2 3 3 3 3	Min hardlopen 2 2 2 2 2 2 2 16 Training Min hardlopen 1 2 4 4	uten wandelen 2 1 1 1 1 1 1 2 week 4 uten wandelen 1 2 3 3	Min hardlopen 1 2 4 4 5 16 Training Min hardlopen 2 2 2 2 2 2 2 2 2	uten wandelen 1 2 3 3 3 1 1 10 3 week 4 uten wandelen 2 1 1 1 1 1

Training 1 week 5		Training 2 week 5		Training 3 week 5	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
2	2	2	1	2	2
3	2	3	2	4	2
5	3	6	2	5	2
5	3	6	2	6	2
5	2	7	2	7	2
20	12	24	9	24	10



Trainingsschema Start2Run

Training 1 week 6		Training 2 week 6		Training 3 week 6	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
2	2	2	2	2	2
3	2	4	2	3	2
5	3	5	2	6	2
5	3	6	2	6	2
5	2	7	2	7	2
20	12	24	10	24	10

Training 1 week 7		Training 2 week 7		Training 3 week 7	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
5	1	8	1	10	2
6	2	8	2	10	2
7	2	8	1	12	1
8	1	8	1		
26	6	32	5	32	5

Training 1 week 8		Training 2 week 8		Training 3 week 8	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
15	2	10	1	10	1
15	2	12	1	20	1
		12	1		
30	4	34	3	30	2

Training 1 week 9		Training 2 week 9		Training 3 week 9	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
15	2	10	1	10	1
15	2	20	1	12	1
				12	1
30	4	30	2	34	3

Training 1 week 10		Training 2 week 10		Training 3 week 10		
Minuten		Minuten		Minuten		
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen	
30	2	32	1	30		
				FIN	ALE	
30	2	32	1	30	0	

