

Trainingschema Start2Run



**JEROEN
KUYPER**

HARDLOOPCOACH

Training 1 week 1		Training 2 week 1		Training 3 week 1	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
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	
Minuten		Minuten		Minuten	
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

Training 1 week 3		Training 2 week 3		Training 3 week 3	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
1	1	2	2	1	1
2	2	2	1	2	2
3	3	2	1	4	3
3	3	2	1	4	3
3	3	2	1	5	1
		2	1		
		2	1		
		2	1		
12	12	16	9	16	10

Training 1 week 4		Training 2 week 4		Training 3 week 4	
Minuten		Minuten		Minuten	
hardlopen	wandelen	hardlopen	wandelen	hardlopen	wandelen
1	1	1	1	2	2
2	2	2	2	2	1
3	3	4	3	2	1
3	3	4	3	2	1
3	3	5	1	2	1
				2	1
				2	1
				2	1
12	12	16	10	16	9

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

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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	
30	2	32	1	30	0