

5 → 10 km

12 WEEKS



T1 = duurloop
T2 = tempo
T3 = ext. interval
T4 = int. interval

	Training 1	Training 2	Training 3
Week 1	30' T1	35' T1	10' T1 + 6 x 200m T4 (p = 1' jog) + 10' T1
Week 2	35' T1	10' T1 + 4' T2 + 4' T1 + 4' T2 + 10' T1	30' T1 met verspreid daarin 6 x 100m T4
Week 3	40' T1	Rust	35' T1
Week 4	40' T1	10' T1 + 10' T2 + 10' T1	35' T1 met verspreid daarin 4 x 2' T3
Week 5	45' T1	40' T1	10' T1 + 6 x 300m T4 (p = 1' jog) + 10' T1
Week 6	45' T1	Rust	30' T1 met verspreid daarin 8 x 100m T4

5 → 10 km

12 WEEKS

 **FYSIOPLAN**

T1 = duurloop
T2 = tempo
T3 = ext. interval
T4 = int. interval

	Training 1	Training 2	Training 3
Week 7	50' T1	10' T1 + 15' T2 + 10' T1	10' T1 + 4 x 800m T3 (p = 2' jog) + 10' T1
Week 8	50' T1	45' T1	10' T1 + 10 x 200m T4 (p = 2' jog) + 10' T1
Week 9	55' T1	Rust	45' T1 met verspreid daarin 8 x 100m T4
Week 10	55' T1	10' T1 + 20' T2 + 10' T1	10' T1 + 4 x 1000m T3 (p = 2' jog) + 10' T1
Week 11	60' T1	50' T1	10' T1 + 12' T2 + 4' T1 + 12' T2 + 10' T1
Week 12	45' T1	Rust	10 km