

Start-to-run, van 0km naar 5km

Dit is een loopschema van 10 weken met als einddoel de Monumentenrun 5km. Iedere week is opgebouwd uit 3 trainingsdagen en 4 rustdagen. Je kan schuiven met de planning als het je niet uitkomt maar probeer zeker na elke trainingsdag een rustdag in te plannen.

Rood = Lopen

wit = stappen

# Week 1: 01/07 – 07/07

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dag 1** | 1’ | 1’ | 1’ | 1’ | 2’ | 2’ | 2’ | 2’ | 3’ | 3’ | 18’ |
| **Dag 2** | 1’ | 1’ | 1’ | 1’ | 2’ | 2’ | 3’ | 3’ | 3’ | 3’ | 20’ |
| **Dag 3** | 1’ | 1’ | 2’ | 2’ | 2’ | 2’ | 3’ | 3’ | 3’ | 3’ | 22’ |

# Week 2: 08/07 – 14/07

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dag 1** | 1’ | 1’ | 2’ | 2’ | 2’ | 2’ | 2’ | 2’ | 3’ | 3’ | 22’ |
| **Dag 2** | 2’ | 2’ | 3’ | 3’ | 3’ | 3’ | 3’ | 3’ |  |  | 22’ |
| **Dag 3** | 1’ | 1’ | 2’ | 2’ | 3’ | 3’ | 3’ | 3’ | 3’ | 3’ | 24’ |

# Week 3+4: 15/07 – 21/07 en Week 4: 22/07 – 28/07

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dag 1** | 1 | 1’ | 2’ | 2’ | 3’ | 3’ | 3’ | 3’ | 3’ | 2’ |  | 24’ |
| **Dag 2** | 2 | 2’ | 2’ | 1’ | 2’ | 1’ | 2’ | 1’ | 2’ | 1’ | 2’ | 1’ | 2’ | 1’ | 2’ | 1’ | 25’ |
| **Dag 3** | 1 | 1’ | 2’ | 2’ | 4’ | 3’ | 4’ | 3’ | 5’ | 1’ |  | 26’ |

# Week 5+6: 29/07 – 04/08 en 05/08 – 11/08

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dag 1** | 2’ | 2’ | 3’ | 2’ | 5’ | 3’ | 5’ | 3’ | 5’ | 2’ | 32’ |
| **Dag 2** | 2’ | 1’ | 3’ | 2’ | 6’ | 2’ | 6’ | 2’ | 7’ | 2’ | 33’ |
| **Dag 3** | 2’ | 2’ | 4’ | 2’ | 5’ | 2’ | 6’ | 2’ | 7’ | 2’ | 34’ |

# Week 7: 12/08 – 18/08

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dag 1** | 5’ | 1’ | 6’ | 2’ | 7’ | 2’ | 8’ | 1’ | 32’ |
| **Dag 2** | 8’ | 1’ | 8’ | 2’ | 8’ | 1’ | 8’ | 1’ | 37’ |
| **Dag 3** | 10’ | 10’ | 10’ | 2’ | 12’ | 1’ |  |  | 37’ |

# Week 8+9: 19/08 – 25/08 en 26/08 – 01/09

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Dag 1** | 15’ | 2’ | 15’ | 2’ |  |  | 34’ |
| **Dag 2** | 10’ | 1’ | 12’ | 1’ | 12’ | 1’ | 37’ |
| **Dag 3** | 10’ | 1’ | 20’ | 2’ |  |  | 32’ |

# Week 10: 02/09 – 07/09

|  |  |  |  |
| --- | --- | --- | --- |
| **Dag 1** | 30’ | 1’ of 2’ naar keuze | 32’ |
| **Dag 2** | 15’ | 1’ of 2’ naar keuze | 16’ |
| **07/09** | Monumentenrun |