

Start to 10K

12-Weken Programma voor je Eerste 10 Kilometer

Dit schema is ontworpen voor beginnende lopers. Je traint drie keer per week en bouwt geleidelijk op van wandel-loopintervallen naar 10 kilometer onafgebroken lopen.

Week 1

Training	Inhoud
Training 1	1' lopen / 2' wandelen x10
Training 2	2' lopen / 2' wandelen x8
Training 3	30' wandelen + 6 versnellingen

Week 2

Training	Inhoud
Training 1	2' lopen / 2' wandelen x8
Training 2	3' lopen / 2' wandelen x6
Training 3	25' rustig joggen

Week 3

Training	Inhoud
Training 1	4' lopen / 2' wandelen x5
Training 2	5' lopen / 2' wandelen x4
Training 3	30' rustig joggen

Week 4

Training	Inhoud
Training 1	8' lopen / 2' wandelen x3
Training 2	20' continu lopen
Training 3	35' duurloop

Week 5

Training	Inhoud
Training 1	25' continu lopen
Training 2	6x1' sneller
Training 3	40' duurloop

Week 6

Training	Inhoud
Training 1	30' continu lopen
Training 2	6x2' tempo
Training 3	45' duurloop

Week 7

Training	Inhoud
Training 1	35' duurloop
Training 2	8x1' tempo
Training 3	50' duurloop

Week 8

Training	Inhoud
Training 1	40' duurloop
Training 2	5x3' tempo
Training 3	55' duurloop

Week 9

Training	Inhoud
Training 1	45' duurloop
Training 2	4x4' tempo
Training 3	60' duurloop

Week 10

Training	Inhoud
Training 1	50' duurloop
Training 2	4x5' tempo
Training 3	65' duurloop

Week 11

Training	Inhoud
Training 1	55' duurloop
Training 2	3x8' tempo
Training 3	70' duurloop

Week 12

Training	Inhoud
Training 1	30' loslopen
Training 2	20' + 4 versnellingen
Training 3	10 KM TESTLOOP