

LOOPSCHEMA

42km - Competitief 2 - 15 weken - 6x per week



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Datum	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
Week 1	45 min Groen	10min LL 4*1000m RO Rust:400m 10min LL	45 min Groen	15min LL 4*5min HO Rust: 3min 10min LL	20 min Groen		30min GR 40min OR 20min GR
Week 2	45 min Groen	1u15 Groen 4*versnelling 100m	45 min Groen	45 min Groen	40 min Groen		30min LL 50min OR 20min LL
Week 3	45 min Groen	15min LL 3*8min HO Rust: 3min 10min LL	45 min Groen	15min LL 5X800m RO Rust: 400m 10min LL	30 min Groen		20min LL 1h OR 25min LL
Week 4	45 min Groen 4*versnelling 100m	1u30 Groen		15min LL 4*7min HO Rust: 3min 10min LL	30 min Groen		2u30min Groen
Week 5	45 min Groen	15min LL 3*12min HO Rust: 4min 10min LL	1u Groen	15min LL 6X1000m RO Rust: 400m 10min LL	45 min Groen		50 min LL 50min OR/10min HO 40min LL
Week 6	30 min Groen	45 min Groen 4*versnelling 100m		30 min Groen			20min LL 20min HO 20min LL
Week 7	45 min Groen	15min LL 6X800 RO Rust: 400m 10min LL	1u Groen 4*versnelling 100m	15min LL 4*2000m HO Rust: 3min 10min LL	45 min Groen		60min Groen 1h Oranje 50min Groen
Week 8	45 min Groen 4*versnelling 100m	1u15 Groen	45 min Groen	15min LL 8*1000m RO Rust: 400m 10min LL	30 min Groen		45min Groen 1h OR 45min Groen
Week 9	45 min Groen	15min LL 3*12min HO Rust: 3min 10min LL	1u Groen	15min LL 4*4min HO Rust: 3min 10min LL	30 min Groen		45 min Groen
Week 10	45 min Groen	1u20 Groen	1u Groen	15min LL 3*8min HO Rust: 4min 10min LL	45 min Groen		50 min LL 50min OR/10min HO 40min LL
Week 11	30 min Groen	45 min Groen 4*versnelling 100m		30 min Groen			20min LL 20min HO 20min LL
Week 12	45 min Groen	15min LL 6X800 RO Rust: 400m 10min LL	1u Groen 4*versnelling 100m	15min LL 5*2000m HO Rust: 3min 10min LL	45 min Groen		60min Groen 1h Oranje/10min HO 50min Groen
Week 13	45 min Groen 4*versnelling 100m	1u15 Groen	45 min Groen	15min LL 8*1000m RO Rust: 400m 10min LL	30 min Groen		45min Groen 1h OR/20min HO 30min Groen
Week 14	45 min Groen	15min LL 3*15min HO Rust: 3min 10min LL	1u Groen	15min LL 4*4min HO Rust: 3min 10min LL	45 min Groen		45 min Groen
Week 15	45 min Groen	20 min Groen	20 min Groen		30min met 5 versnellingen Achteraf		Marathon Succes!

Wil je jouw persoonlijke hartslagzones kennen?

Boek een inspanningstest bij Keep on Running! Meer info via www.Keeponrunning.be

GR	Groen	MINDER DAN 2MMOL	Trager dan marathon tempo
OR	Oranje	TUSSEN 2.5 - 3MMOL	Tempo van marathon
HO	Hoog-Oranje	TUSSEN 3 EN 4 MMOL	Tempo van 16 a 21km
RO	Rood	BOVEN 4MMOL	Tempo van 5 a 10km

Rust: Steeds zachtjes loslopen.

HE: Loslopen.

Versnelling 100m na de duurloop uitvoeren, rustig opbouwen en tegen einde van 100m vlot bollen. Voor en na de wedstrijd tempo's steeds 15min in- en uitlopen.