

Tussen 2 trainingen dient minimum 1 dag rust in het schema ingepast worden.

  = wandelen        = lopen

week 1	training 1	<span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span>
	training 2	<span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span>
	training 3	<span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span>
week 2	training 1	<span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span>
	training 2	<span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span>
	training 3	<span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #fff2cc;">1'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span>
week 3	training 1	<span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span>
	training 2	<span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span>
	training 3	<span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span>
week 4	training 1	<span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span>
	training 2	<span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span>
	training 3	<span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">2'</span>
week 5	training 1	<span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span>
	training 2	<span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span>
	training 3	<span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">4'</span> <span style="background-color: #d9ead3;">3'</span>
week 6	training 1	<span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">2'</span>
	training 2	<span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">2'</span>
	training 3	<span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">7'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">5'</span> <span style="background-color: #d9ead3;">2'</span>
week 7	training 1	<span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">10'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">2'</span>
	training 2	<span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">10'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">2'</span>
	training 3	<span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">10'</span> <span style="background-color: #d9ead3;">3'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">2'</span>
week 8	training 1	<span style="background-color: #d9ead3;">11'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">11'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">1'</span>
	training 2	<span style="background-color: #d9ead3;">11'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">11'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">1'</span>
	training 3	<span style="background-color: #d9ead3;">11'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">11'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">1'</span>
week 9	training 1	<span style="background-color: #d9ead3;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">1'</span>
	training 2	<span style="background-color: #d9ead3;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">1'</span>
	training 3	<span style="background-color: #d9ead3;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">13'</span> <span style="background-color: #d9ead3;">2'</span> <span style="background-color: #d9ead3;">8'</span> <span style="background-color: #d9ead3;">1'</span>
week 10	training 1	<span style="background-color: #d9ead3;">28'</span> 1' of 2' wandelpauze naar eigen behoefte inlassen
	training 2	<span style="background-color: #d9ead3;">30'</span> 1' of 2' wandelpauze naar eigen behoefte inlassen
	training 3	5 km test

Samenvatting		
lopen	wandelen	Totaal
10'	10'	20'
10'	10'	20'
10'	10'	20'
12'	12'	24'
12'	12'	24'
12'	12'	24'
14'	13'	27'
14'	13'	27'
14'	13'	27'
17'	12'	29'
17'	12'	29'
17'	12'	29'
18'	12'	30'
18'	12'	30'
18'	12'	30'
24'	8'	32'
24'	8'	32'
24'	8'	32'
26'	7'	33'
26'	7'	33'
26'	7'	33'
30'	5'	35'
30'	5'	35'
30'	5'	35'
34'	5'	39'
34'	5'	39'
34'	5'	39'
28'	0'	28'
30'	0'	30'