

START TO RUN

VAN 0 TOT 5 KM IN 10 WEKEN

WANDELEN

Lopen

<i>WEEK 1</i>		
Les 1	1' 1' 1' 1' 2' 2' 2' 2' 3' 3'	18 min=9+9
Les 2	1' 1' 1' 1' 2' 2' 3' 3' 3' 3'	20 min=10+10
Les 3	1' 1' 2' 2' 2' 2' 3' 3' 3' 3'	22 min=11+11
<i>WEEK 2</i>		
Les 4	1' 1' 2' 2' 2' 2' 3' 3' 3' 3'	22 min=11+11
Les 5	2' 2' 3' 3' 3' 3' 3' 3'	22 min=11+11
Les 6	1' 1' 2' 2' 3' 3' 3' 3' 3' 3'	24 min=12+12
<i>WEEK 3</i>		
Les 7	1' 1' 2' 2' 3' 3' 3' 3' 3' 2'	23 min=12+11
Les 8	2' 2' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'	25 min=16
Les 9	1' 1' 2' 2' 4' 3' 4' 3' 5' 1'	26 min=16+10
<i>WEEK 4</i>		
Les 10	1' 1' 2' 2' 3' 3' 3' 3' 3' 2'	24 min=12+12
Les 11	2' 2' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1' 2' 1'	25 min=16
Les 12	1' 1' 2' 2' 4' 3' 4' 3' 5' 1'	26 min=16+10
<i>WEEK 5</i>		
Les 13	2' 2' 3' 2' 5' 3' 5' 3' 5' 2'	32 min=20+12
Les 14	2' 1' 3' 2' 6' 2' 6' 2' 7' 2'	33 min=24+9
Les 15	2' 2' 4' 2' 5' 2' 6' 2' 7' 2'	34 min=24+10
<i>WEEK 6</i>		
Les 16	2' 2' 3' 2' 5' 3' 5' 3' 5' 2'	32 min=20+12
Les 17	2' 1' 3' 2' 6' 2' 6' 2' 7' 2'	33 min=24+9
Les 18	2' 2' 4' 2' 5' 2' 6' 2' 7' 2'	34 min=24+10
<i>WEEK 7</i>		
Les 19	5' 1' 6' 2' 7' 2' 8' 1'	32 min=26+6
Les 20	8' 1' 8' 2' 8' 1' 8' 1'	37 min=32+5
Les 21	10' 2' 10' 2' 12' 1'	37 min=32+5

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<i>WEEK 8</i>							
Les 22	15'	2'	15'	2'		34 min= 30+4	
Les 23	10'	1'	12'	1'	12'	1'	37 min= 34+3
Les 24	10'	1'	20'	1'			32 min= 30+2

<i>WEEK 9</i>							
Les 25	15'	2'	15'	2'		34 min= 30+4	
Les 26	10'	1'	12'	1'	12'	1'	37 min= 34+3
Les 27	10'	1'	20'	1'			32 min= 30+2

<i>WEEK 10</i>						
Les 28	30'	1' of 2' naar keuze				
Les 29	32'	1' of 2' naar keuze				
Les 30	30'	proficiat				