

♥♥♥ HARDLOOPSHEMA VOOR BEGINNERS ♥♥♥

WEEK	TRAININGSDAG	WORKOUT
1	1	30 min Wandelen
	2	40 min Wandelen
	3	45 min Wandelen

WEEK	TRAININGSDAG	WORKOUT
2	1	10 – 12 x (afw. 1 min Lopen – 2 min Wandelen)
	2	5 – 6 x (afw. 2 min Lopen – 2 min Wandelen)
	3	3 – 4 x (afw. 3 min Lopen – 3 min Wandelen)

WEEK	TRAININGSDAG	WORKOUT
3	1	4 x (afw. 3 min L – 3 min W)
	2	5 x (afw. 3 min L – 3 min W)
	3	4 – 5 x (afw. 3 min L – 2 min W)

WEEK	TRAININGSDAG	WORKOUT
4	1	4 x (afw. 4 min L – 3 min W)
	2	4 x (afw. 4 min L – 2 min W)
	3	3 x (afw. 5 min L – 3 min W)

WEEK	TRAININGSDAG	WORKOUT
5	1	2 x (afw. 6 min L – 3 min W)
	2	2 x (afw. 7 min L – 3 min W)
	3	2 x (afw. 7½ min L – 3 min W)

WEEK	TRAININGSDAG	WORKOUT
6	1	2 x (afw. 7½ min L – 2 min W)
	2	2 x (afw. 7½ min L – 2 min W)
	3	1 x (15 min Lopen – ononderbroken)

WEEK	TRAININGSDAG	WORKOUT
7	1	10 min L – 5 min W – 10 min L
	2	10 min L – 4 min W – 10 min L
	3	10 min L – 3 min W – 10 min L

WEEK	TRAININGSDAG	WORKOUT
8	1	10 min L – 5 min W – 10 min L – 5 min W – 10 min L
	2	10 min L – 4 min W – 10 min L – 4 min W – 10 min L
	3	10 min L – 3 min W – 10 min L – 3 min W – 10 min L

WEEK	TRAININGSDAG	WORKOUT
9	1	15 min L – 5 min W – 15 min L
	2	20 min L – 5 min W – 10 min L
	3	20 min L – 4 min W – 10 min L

WEEK	TRAININGSDAG	WORKOUT
10	1	20 min L – 3 min W – 10 min L
	2	20 min L – 2 min W – 10 min L
	3	20 min Lopen – ononderbroken

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WEEK	TRAININGSDAG	WORKOUT
11	1	30 min L
	2	20 min L – 5 min W – 15 min L
	3	35 min L

WEEK	TRAININGSDAG	WORKOUT
16	1	30 min L
	2	30 min L – 8 min W – 30 min L
	3	50 min L

WEEK	TRAININGSDAG	WORKOUT
12	1	30 min L
	2	20 min L – 8 min W – 20 min L
	3	35 min L

WEEK	TRAININGSDAG	WORKOUT
17	1	30 min L
	2	30 min L – 6 min W – 30 min L
	3	50 min L

WEEK	TRAININGSDAG	WORKOUT
13	1	30 min L
	2	25 min L – 10 min W – 25 min L
	3	40 min L

WEEK	TRAININGSDAG	WORKOUT
18	1	30 min L
	2	45 min L
	3	60 min L

WEEK	TRAININGSDAG	WORKOUT
15	1	30 min L
	2	30 min L – 10 min W – 30 min L
	3	45 min L

WEEK	TRAININGSDAG	WORKOUT
14	1	30 min L
	2	25 min L – 8 min W – 25 min L
	3	45 min L



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