

## Start To Run: Schema van 0km naar 5km

Week	Training 1	Training 2	Training 3	Totaal gelopen tijd
<b>Maand 1</b>				
1	2' lopen, 2' wandelen x8	2' lopen, 2' wandelen x10	Rust	16'+20'= 36'
2	3' lopen, 3' wandelen x6	3' lopen, 3' wandelen x6	Rust	18'+18'= 36'
3	5' lopen, 3' wandelen x4	5' lopen, 3' wandelen x4	Rust	20'+20'=40'
4	6' lopen, 3' wandelen x4	5' lopen, 3' wandelen x5	Rust	24'+25'= 49'
<b>Maand 2</b>				
5	6' lopen, 2' wandelen x5	5' lopen, 2' wandelen x5	Rust	30'+25'=55'
6	7' lopen, 3' wandelen x4	7' lopen, 3' wandelen x5	Rust	28'+35'=63'
7	8' lopen, 3' wandelen x3	6' lopen, 1' wandelen x4	7' lopen, 3' wandelen x3	24'+24'+21'= 69'
8	8' lopen, 2' wandelen x3	6' lopen, 1' wandelen x5	8' lopen, 2' wandelen x3	24'+30'+24'=78'
<b>Maand 3</b>				
9	8' lopen, 2' wandelen x3	6' lopen, 1' wandelen x5	8' lopen, 1' wandelen x3	24'+30'+24'=78'
10	10' lopen, 2' wandelen x3	7' lopen, 2' wandelen x4	10' lopen, 2' wandelen x3	30'+28'+30'=88'
11	12' lopen, 3' wandelen x3	8' lopen, 2' wandelen x4	10' lopen, 1' wandelen x3	36'+32'+30'=88'
12	15' lopen, 2' wandelen x2	Rust	17' lopen, 3' wandelen x2	30'+34'=64'
<b>Maand 4</b>				
13	17' lopen, 3' wandelen x2	Rust	20' lopen, 4' wandelen x2	34'+40'=74'
14	5km zonder te stoppen	/	/	/