

# 5 KM BEGINNERS

Hardlopen  
8 tot 12 weken  
2 of 3 trainingen per week

<b>H = hardlopen</b> <b>W = wandelen</b>	<b>Training 1</b>	<b>Training 2</b>	<b>Training 3</b>	<b>Training 4</b>	<b>Training 5</b>
	10 x 30 sec H 1 min W	10 x 45 sec H 45 sec W	10 x 1 min H 30 sec W	10 x 1:30 min H 30 sec W	6 x 2 min H 30 sec W
	<b>Training 6</b>	<b>Training 7</b>	<b>Training 8</b>	<b>Training 9</b>	<b>Training 10</b>
	6 x 2:30 H 1:30 W	5 x 3 min H 2 min W	4 x 4 min H 2 min W	3 x 5 min H 3 min W	3 x 6 min H 3 min W
	<b>Training 11</b>	<b>Training 12</b>	<b>Training 13</b>	<b>Training 14</b>	<b>Training 15</b>
	2 x 8 min H 4 min W	2 x 110 min H 5 min W	12 min H 5 min W 10 min H	2 x 12 min H 5 min W	15 min H 5 min W 10 min H
	<b>Training 16</b>	<b>Training 17</b>	<b>Training 18</b>	<b>Training 19</b>	<b>Training 20</b>
	2 x 15 min H 5 min W	20 min H 5 min W 10 min H	3 x 10 min H 3 min W	25 min H 3 min W 10 min H	3 x 12 min H 3 min W
	<b>Training 21</b>	<b>Training 22</b>	<b>Training 23</b>	<b>Training 24</b>	<b>JOEPIE</b>
	30 min H 3 min W 10 min H	3 x 12 min H 2 min W	20 min H	<b>5 KM RUN</b>	

