

Hardlopen

| Week | Aantal trainingsdagen | H | W | H | W | H | W | H | W | H | W | Totaal minuten per dag |
|------|-----------------------|----|---|----|---|----|---|---|---|---|---|------------------------|
| 1 | 2 à 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | 16 |
| 2 | 2 à 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 20 |
| 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | | | 20 |
| 4 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 4 | 3 | | | 23 |
| 5 | 3 | 5 | 2 | 3 | 2 | 4 | 2 | 4 | 3 | | | 25 |
| 6 | 3 | 5 | 2 | 3 | 2 | 5 | 2 | 5 | 3 | | | 27 |
| 7 | 3 | 5 | 2 | 7 | 2 | 5 | 2 | 5 | 2 | | | 30 |
| 8 | 3 à 4 | 6 | 2 | 10 | 2 | 5 | 1 | 4 | 2 | | | 32 |
| 9 | 3 à 4 | 6 | 2 | 12 | 2 | 6 | 2 | 4 | 3 | | | 37 |
| 10 | 3 à 4 | 9 | 1 | 10 | 2 | 6 | 2 | 8 | 3 | | | 41 |
| 11 | 3 à 4 | 10 | 2 | 10 | 2 | 10 | 2 | 5 | 3 | | | 44 |
| 12 | 3 à 4 | 12 | 2 | 12 | 2 | 12 | 2 | 5 | 3 | | | 50 |
| 13 | 3 à 4 | 15 | 2 | 15 | 2 | 15 | 2 | | | | | 51 |
| 14 | 3 à 4 | 20 | 2 | 20 | 2 | 10 | 3 | | | | | 57 |
| 15 | 3 à 4 | 25 | 2 | 25 | 2 | 2 | 2 | | | | | 58 |
| 16 | 3 à 4 | 28 | 2 | 28 | 2 | | | | | | | 60 |

H = hardlopen

W = wandelen