

Met dit programma kun je na 12 weken 30 minuten achter elkaar hardlopen.

| <b>Week</b> | <b>Training 1</b>                                     | <b>Training 2</b>                                     |
|-------------|---|---|
| Week 1      | 5 x 2 min hardlopen (hl)<br>pauze: 2 min wandelen (w) | 6 x 2 min hardlopen (hl)<br>pauze: 2 min wandelen (w) |
| Week 2      | 3-2-3-2-2 min hl<br>pauze: 2 min w                    | 5 x 3 min hl<br>pauze: 2 min w                        |
| Week 3      | 2-3-2-3-2-3 min hl<br>pauze: 1-2-1-2-1 min w          | 3-3-2-3-3-2-2 min hl<br>pauze: 1-2-1-1-2-1 min w      |
| Week 4      | 4-3-2-4-3-2 min hl<br>pauze: 2-1-1-2-1 min w          | 4-4-2-2-4-4 min hl<br>pauze: 2-2-1-1-2 min w          |
| Week 5      | 5-4-3-5-4 min hl<br>pauze: 2-2-1-2 min w              | 5-5-4-5-4 min hl<br>pauze: 2 min w                    |
| Week 6      | 6-4-6-4-4 min hl<br>pauze: 2-1-2-1 min w              | 6-5-6-5-6 min hl<br>pauze: 2-1-2-1 min w              |
| Week 7      | 8-8-6-6 min hl<br>pauze: 2-2-1 min w                  | 4 x 8 min hl<br>pauze: 2 min w                        |
| Week 8      | 10-10-4 min hl<br>pauze: 3 min w                      | 10-10-8 min hl<br>pauze: 3 min                        |
| Week 9      | 10-10-8 min hl<br>pauze: 2 min w                      | 12-10-12 min hl<br>pauze: 3-2 min w                   |
| Week 10     | 12-12-6 min hl<br>pauze: 2 min w                      | 2 x 15 min hl<br>pauze: 3 min w                       |
| Week 11     | 1 x 20 min hl   | 2 x 15 min hl<br>pauze: 1 min w                       |
| Week 12     | 1 x 25 min hl   | 1 x 30 min hl   |