

Met dit programma kun je na 12 weken 45 minuten achtereen hardlopen.

Week	Training 1	Training 2	Training 3
Week 1	5 x 2 min hardlopen (hl) pauze: 2 min wandelen (w)	6 x 2 min hardlopen (hl) pauze: 2 min wandelen (w)	3-2-3-2-2 min hardlopen (hl) pauze: 2 min wandelen (w)
Week 2	3-3-3-2-2 min hl pauze: 2 min w	2-3-2-3-2-3 min hl pauze: 1-2-1-2-1 min w	3-3-2-3-3-2 min hl pauze: 1-2-1-1-2 min w
Week 3	4-3-2-4-3-2 min hl pauze: 2-1-1-2-1 min w	4-4-2-2-4-4 min hl pauze: 2-2-1-1-2 min w	5-4-3-5-4 min hl pauze: 2-2-1-2 min w
Week 4	5-5-4-5-4 min hl pauze: 2 min w	6-4-6-4-4 min hl pauze: 2-1-2-1 min w	6-4-6-4-6 min hl pauze: 2-1-2-1 min w
Week 5	6-6-4-6-4 min hl pauze: 2-1-1-2 min w	6-5-6-5-6 min hl pauze: 2-1-2-1 min w	4 x 6 min hl pauze: 2 min w
Week 6	8-8-6-6 min hl pauze: 2-2-1 min w	4 x 8 min hl pauze: 2 min w	10-10-4 min hl pauze: 3 min w
Week 7	10-10-8 min hl pauze: 3 min	10-10-8 min hl pauze: 2 min w	12-10-12 min hl pauze: 3-2 min w
Week 8	12-12-6 min hl pauze: 2 min w	1 x 20 min hl	2 x 15 min hl pauze: 3 min w
Week 9	2 x 15 min hl pauze: 1 min w	1 x 25 min hl	20-15 min hl pauze: 2 min w
Week 10	2 x 20 min hl pauze: 2 min w	1 x 30 min hl	25-15 min hl pauze: 3 min w
Week 11	20-25 min hl pauze: 2 min w	1 x 30 min hl	20-25 min hl pauze: 1 min w
Week 12	30-15 min hl pauze: 2 min w	1 x 35 min hl	1 x 45 min hl