



Trainingsschema - Snellere Marathon

MaandagDinsdagWoensdagDonderdagVrijdagZaterdagZondag							
Week							
1.	Rust	Baan: 3x (4x 300) IV (P2' SP3') Of 3x (4x 1') IV (p2' SP3')	(70' I)*	40' I - 3x tech - 10' II/III - 10' III - 10'a 15' I	Rust	70' I	45' a 50' I - 8x 30'' tech - 15' I
2.	Rust	Baan: 6x 1000 III/ IV (P2') Of 3x 4' (P2')	(70' I)*	60' met daarin 10x 1' III/IV (P1')	60' I	30' I - 3x tech - 3x 6' II/III (P3') - 15' a 20' I	80' I
3.	Rust	Baan: 5x 1200 III/ IV (P3') Of 5x 5' (P3')	(60' a 70' I)*	60' met daarin 10x 90'' III (P2')	Rust	80' a 90' I	30' I - 20' II/III - 15' I
4.	Rust	Baan: 3x 2000 III (P3') Of 3x 8' (P3')	(60' I)*	70' met daarin 12x 1' III/IV (P1')	Rust	90' I	20' I - 10' II - 10' I/III - 10' II - 10' I
5.	Rust	Baan: 8x 600 III/ IV (P2') Of 8x 2' III/IV (P2')	(60' I)*	75' met daarin 3x 8' III P3'	Rust	1u45' I	50' I
6.	Rust	Baan: 1600 III – 12 00 III – 1000 III/IV – 1000 IV (P3') Of 7' III – 6'III – 5' III/IV – 4' IV (P3')	(70' I)*	30' I – 10' II – 10x 30'' IV (p30'') – 15' I	Rust	50' I --> II	25 kilometer
7.	Rust	Baan: 3x (5x 300) IV (P90'' SP2') Of 3x (5x 1') IV (P90'' SP2')	(80' I)*	30' I – 20' III – 20' I	75' a 80' I	30' I - 10' II/III - 10' I - 10' II/III - 10' I	22 kilometer
8.	Rust	30' I – 30' II	(80' a 90' I)*	Baan: 10x 600 III (P2') Of 10x 2' III (P2')	60' I	30' I - 3x tech - 2x 4km 3 (P5') - 10' a 15' I	28 kilometer
9.	Rust	30' I – 30' II	(80' I)*	Baan: 3x (5x 400) IV (P90'' SP2') Of 3x (5x 90'') IV (P90'' SP2')	Rust	40' I	Wedstrijd halve marathon*
10.	Rust	45' – 10x 90'' III (P90'') – 20' I	(75' a 80' I)*	Baan: 2000 III – 1600 III – 1200 III/IV – 1000 IV (P3') Of 8' III – 7' III – 5' III/IV – 4' IV (P3')	Rust	45' I - 15' II	30 Kilometer
11.	Rust	30' I 6x 1000 III (P2') 20' I	(75' I)*	20' I – 15x 1' IV (P1') – 15' I	Rust	20' I - 10' II - 10' III - 10' I - 10' III - 10' II	15 kilometer
12.	Rust	30' I 3000 M-tempo (P3') – 4x 500 IV (P90'') – 15' I	(45' I)*	30' I – 6x 1' III (P1') – 10' I	Rust	30' a 40' I incl 6x tech	Marathon