

Beginnersschema hardlopen

Wil je beginnen met hardlopen? Dan is onderstaand schema een goed begin. Heb je nog totaal geen loopervaring? Begin dan met een voorbereidende week waarin je drie keer een half uur stevig wandelt.

Vergeet ook niet om voor elke training even warm te lopen en na de training een goede cooling down te doen en wat stretchoefeningen. Veel plezier met lopen!

Tussen 2 trainingen dient minimum 1 dag rust in het schema ingepast worden.

 = wandelen = lopen

week 1	training 1	1' 1' 2' 2' 2' 2' 2' 2' 2' 2' 1' 1'
	training 2	1' 1' 2' 2' 2' 2' 2' 2' 2' 2' 1' 1'
	training 3	1' 1' 2' 2' 2' 2' 2' 2' 2' 2' 1' 1'
week 2	training 1	1' 1' 1' 1' 3' 3' 3' 3' 2' 2' 2' 2'
	training 2	1' 1' 1' 1' 3' 3' 3' 3' 2' 2' 2' 2'
	training 3	1' 1' 1' 1' 3' 3' 3' 3' 2' 2' 2' 2'
week 3	training 1	2' 2' 2' 2' 4' 3' 3' 3' 3' 3'
	training 2	2' 2' 2' 2' 4' 3' 3' 3' 3' 3'
	training 3	2' 2' 2' 2' 4' 3' 3' 3' 3' 3'
week 4	training 1	3' 2' 4' 3' 4' 3' 3' 2' 3' 2'
	training 2	3' 2' 4' 3' 4' 3' 3' 2' 3' 2'
	training 3	3' 2' 4' 3' 4' 3' 3' 2' 3' 2'
week 5	training 1	4' 3' 5' 3' 5' 3' 4' 3'
	training 2	4' 3' 5' 3' 5' 3' 4' 3'
	training 3	4' 3' 5' 3' 5' 3' 4' 3'

Samenvatting		
lopen	wandelen	Totaal
10'	10'	20'
10'	10'	20'
10'	10'	20'
12'	12'	24'
12'	12'	24'
12'	12'	24'
14'	13'	27'
14'	13'	27'
14'	13'	27'
17'	12'	29'
17'	12'	29'
17'	12'	29'
18'	12'	30'
18'	12'	30'
18'	12'	30'

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week 6	training 1	5' 2' 7' 2' 7' 2' 5' 2'	24'	8'	32'
	training 2	5' 2' 7' 2' 7' 2' 5' 2'	24'	8'	32'
	training 3	5' 2' 7' 2' 7' 2' 5' 2'	24'	8'	32'
week 7	training 1	8' 2' 10' 3' 8' 2'	26'	7'	33'
	training 2	8' 2' 10' 3' 8' 2'	26'	7'	33'
	training 3	8' 2' 10' 3' 8' 2'	26'	7'	33'
week 8	training 1	11' 2' 11' 2' 8' 1'	30'	5'	35'
	training 2	11' 2' 11' 2' 8' 1'	30'	5'	35'
	training 3	11' 2' 11' 2' 8' 1'	30'	5'	35'
week 9	training 1	13' 2' 13' 2' 8' 1'	34'	5'	39'
	training 2	13' 2' 13' 2' 8' 1'	34'	5'	39'
	training 3	13' 2' 13' 2' 8' 1'	34'	5'	39'
week 10	training 1	28' 1' of 2' wandelpauze naar eigen behoefte inlassen	28'	0'	28'
	training 2	30' 1' of 2' wandelpauze naar eigen behoefte inlassen	30'	0'	30'
	training 3	5 km test			