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| **WEEK** | **DAG 1** | **DAG 2** | **DAG 3** |
| **1** | Duurloop  2x20 minuten  medium tempo 2 minuten wandelen | Extensieve interval 5x 4 minuten langzaam tempo 2 minuten hoog tempo | Recovery  28 minuten langzaam tempo  stretching programma |
| **2** | Duurloop  2x21 minuten  medium tempo 2 minuten wandelen | Extensieve interval 5x 5 minuten langzaam tempo 2 minuten hoog tempo | Recovery  29 minuten langzaam tempo  stretching programma |
| **3** | Duurloop  2x22 minuten  medium tempo 2 minuten wandelen | Extensieve interval 5x 6 minuten langzaam tempo 2 minuten hoog tempo | Recovery  30 minuten langzaam tempo  stretching programma |
| **4** | Duurloop  2x24 minuten  medium tempo 2 minuten wandelen | Extensieve interval 5x 6 minuten langzaam tempo 2 minuten hoog tempo | Recovery  31 minuten langzaam tempo  stretching programma |
| **5** | Duurloop  40 minuten  medium tempo | Extensieve interval 5x 6 minuten langzaam tempo 2.5 minuten hoog tempo | Recovery  32 minuten langzaam tempo  stretching programma |
| **6** | Duurloop  42 minuten  medium tempo | Extensieve interval 5x 6 minuten langzaam tempo 3 minuten hoog tempo | Recovery  33 minuten langzaam tempo  stretching programma |
| **7** | Duurloop  44 minuten  medium tempo | Extensieve interval 5x 6 minuten langzaam tempo 4 minuten hoog tempo | Recovery  33 minuten langzaam tempo  stretching programma |
| **8** | Duurloop  46 minuten  medium tempo | Extensieve interval 5x 6 minuten langzaam tempo 4.5 minuten hoog tempo | Recovery  34 minuten langzaam tempo  stretching programma |

**PROGRAMMA 3  
HARDLOPEN**