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| **WEEK** | **DAG 1** | **DAG 2** | **DAG 3** |
| **1** | Duurloop 2x20 minuten medium tempo2 minuten wandelen  | Extensieve interval5x4 minuten langzaam tempo 2 minuten hoog tempo | Recovery 28 minuten langzaam tempostretching programma  |
| **2** | Duurloop 2x21 minuten medium tempo2 minuten wandelen | Extensieve interval5x5 minuten langzaam tempo 2 minuten hoog tempo | Recovery 29 minuten langzaam tempostretching programma |
| **3** | Duurloop 2x22 minuten medium tempo2 minuten wandelen | Extensieve interval5x6 minuten langzaam tempo 2 minuten hoog tempo | Recovery 30 minuten langzaam tempostretching programma |
| **4** | Duurloop 2x24 minuten medium tempo2 minuten wandelen | Extensieve interval5x6 minuten langzaam tempo 2 minuten hoog tempo | Recovery 31 minuten langzaam tempostretching programma |
| **5** | Duurloop 40 minuten medium tempo | Extensieve interval5x6 minuten langzaam tempo 2.5 minuten hoog tempo | Recovery 32 minuten langzaam tempostretching programma |
| **6** | Duurloop 42 minuten medium tempo | Extensieve interval5x6 minuten langzaam tempo 3 minuten hoog tempo | Recovery 33 minuten langzaam tempostretching programma |
| **7** | Duurloop 44 minuten medium tempo | Extensieve interval5x6 minuten langzaam tempo 4 minuten hoog tempo | Recovery 33 minuten langzaam tempostretching programma |
| **8** | Duurloop 46 minuten medium tempo | Extensieve interval5x6 minuten langzaam tempo 4.5 minuten hoog tempo | Recovery 34 minuten langzaam tempostretching programma |

**PROGRAMMA 3
HARDLOPEN**