

In het hardloopschema voor een hele marathon hebben we de trainingen verdeeld in 3 zones waarbij we in de zones uitgaan van percentages van je HFmax.

- Zone 1 is 65%-75% van HFmax
- Zone 2 is 75%-85% van HFmax
- Zone 3 is 85%-90% van HFmax

START

Uitleg schema:

DL = Duurloop
Z = Zone

Week 1:

- Training 1: 75 min DL in Z1
- Training 2: 4 X 10 min Z1, 5 min Z2
- Training 3: 90 min DL in Z1

Week 2:

- Training 1: 90 min DL in Z1
- Training 2: 15 X 2 min Z1, 3 min Z3
- Training 3: 105 min DL in Z1

Week 3:

- Training 1: 75 min DL in Z1
- Training 2: 6 X 5 min Z2, 2 min Z3
- Training 3: 120 min DL in Z1
- Training 4: 60 min DL in Z1

Week 4:

- Training 1: 60 min DL in Z1
- Training 2: 8 X 2 min Z1, 5 min Z2
- Training 3: 105 min DL in Z1

Week 5:

- Training 1: 60 min DL in Z2
- Training 2: 3 X 8 Z1, 4 min Z2, 2 min Z3
- Training 3: 90 min DL in Z1

Week 6:

- Training 1: 75 min DL in Z1
- Training 2: 4 X 3 min Z1, 10 min Z2
- Training 3: 150 min DL in Z1
- Training 4: 60 min DL in Z1

Week 7:

- Training 1: 45 min DL in Z1
- Training 2: 5 X 4 min Z1, 8 min Z2
- Training 3: 90 min DL in Z1

Week 8:

- Training 1: 90 min DL in Z1
- Training 2: 20 X 2 min Z2, 2min Z3
- Training 3: 120 min DL in Z1

Week 9:

- Training 1: 75 min DL in Z1
- Training 2: 8 X 3 min Z1, 5 min Z2
- Training 3: 180 min DL in Z1
- Training 4: 75 min DL in Z1

Week 10:

- Training 1: 60 min DL in Z2
- Training 2: 3 X 5 min Z1, 15 min Z2
- Training 3: 210 min DL in Z1

Week 11:

- Training 1: 60 min DL in Z1
- Training 2: 8 X 2 min Z1, 4 min Z3
- Training 3: 90 min DL in Z1

Week 12:

- Training 1: 60 min DL in Z1
- Training 2: 30 min DL in Z1
- Training 3: Wedstrijd 42,2 KM

Vragen?

Kom langs in jouw
RunX winkel.

FINISH