

In het 10 KM hardloopschema 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

Week 1:

- Training 1: 25 min DL in Z1
- Training 2: 3 X 10 min Z1, 3 min Z2
- Training 3: 25 min DL in Z1

Week 2:

- Training 1: 20 min DL in Z2
- Training 2: 7 X 3 min Z1, 1 min Z3
- Training 3: 30 min DL in Z1

Week 3:

- Training 1: 25 min DL in Z1
- Training 2: 5 X 5 min Z1, 3 min Z2
- Training 3: 35 min DL in Z1

Week 4:

- Training 1: 20 min DL in Z2
- Training 2: 3 X 10 min Z1, 5 min Z3
- Training 3: 40 min DL in Z1

Week 5:

- Training 1: 25 min DL in Z2
- Training 2: 7 X 4 min Z1, 1 min Z3
- Training 3: 45 min DL in Z1

Week 6:

- Training 1: 30 min DL in Z2
- Training 2: 4 X 8 min Z1, 4 min Z3
- Training 3: 45 min DL in Z1

Uitleg schema:

DL = Duurloop
Z = Zone

Week 7:

- Training 1: 35 min DL in Z2
- Training 2: 5 X 6 min Z2, 3 min Z3
- Training 3: 50 min DL in Z1

Week 8:

- Training 1: 40 min DL in Z2
- Training 2: 4 X 5 min Z1, 3 min Z2, 1 min Z3
- Training 3: 55 min DL in Z1

Week 9:

- Training 1: 45 min DL in Z2
- Training 2: 8 X 4 min Z2, 2 min Z3
- Training 3: 60 min DL in Z1

Week 10:

- Training 1: 50 min DL in Z2
- Training 2: 3 X 8 min Z1, 4 min Z2, 2 min Z3
- Training 3: 55 min DL in Z2

Week 11:

- Training 1: 55 min DL in Z2
- Training 2: 4 X 10 min Z1, 5 min Z2
- Training 3: 60 min DL in Z1

Week 12:

- Training 1: 20 min DL in Z2
- Training 2: 30 min DL in Z1
- Training 3: Wedstrijd 10 KM

Vragen?

Kom langs in jouw
RunX winkel.

FINISH