



Groep 2

L = Loopscholing
CS = Core-stability
K = Kracht

T1
8 km/h
7.30 min/km

T2
9 km/h
7.04 min/km

T3
10 km/h
6.00 min/km

T4
>11 km/h
> 5.27 min/km

GROEP 2			
Recovery	Ma	24 Mar	
	Wo	26 Mar	L
	Za	29 Mar	
	Ma	31 Mar	K
	Wo	2 Apr	
	Za	5 Apr	
	Ma	7 Apr	
	Wo	9 Apr	CS
	Za	12 Apr	
	Zo	13 Apr	
	Ma	14 Apr	
	Wo	16 Apr	
	Za	19 Apr	L
	Ma	21 Apr	
	Wo	23 Apr	K
Basis	Za	26 Apr	
	Ma	28 Apr	L
	Wo	30 Apr	
	Za	3 May	
	Ma	5 May	
	Wo	7 May	K
	Za	10 May	
	Ma	12 May	CS
	Wo	14 May	
	Za	17 May	
	Ma	19 May	
	Wo	21 May	CS
	Za	24 May	
	Ma	26 May	
	Wo	28 May	K
Speed	Za	31 May	
	Ma	2 Jun	
	Wo	4 Jun	CS
	Za	7 Jun	
	Ma	9 Jun	
	Wo	11 Jun	L
	Za	14 Jun	
	Ma	16 Jun	K
	Wo	18 Jun	
	Za	21 Jun	
	Ma	23 Jun	
	Wo	25 Jun	CS
	Za	28 Jun	
	Ma	30 Jun	
	Wo	2 Jul	L
	Za	5 Jul	
	Ma	7 Jul	
	Wo	9 Jul	K
	Za	12 Jul	
	Ma	14 Jul	
	Wo	16 Jul	
	Za	19 Jul	CS
	Ma	21 Jul	
	Wo	23 Jul	L



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Treshold	Za	26 Jul		Climaxloop 60 min: 45 min T1, 10 min T2, 5 min T3
	Ma	28 Jul	K	Climaxloop 45 min: 15 min T1, 20 min T2 en 10 min T3
	Wo	30 Jul		Piramideloop: T3: 3,4,5,6,5,4,3 min (2 min rust T1 na iedere T3)
	Za	2 Aug		Gulbergen
	Ma	4 Aug		Bloklooptempo 45 min: 10 min T1 + 15 min T3 + 5 min T1 + 15 min T3
	Wo	6 Aug	CS	Interval 53 min: 5 min T1 + 6 x (4 min T3 + 4 min T1)
	Za	9 Aug		Climaxloop 60 min: 45 min T1, 10 min T2, 5 min T3
	Ma	11 Aug		Blokclimaxloop 48 min: 6x (7x1 min versnellen - wandelen 1 minuut)
	Wo	13 Aug	L	Bloklooptempo 50 min: 5 min T1, 5 min T2, 30 min T3, 10 min T1
	Za	16 Aug		Crossloop/mountainbike route 30 min T1, 30 min T2
Race pace	Ma	18 Aug		Interval 53 min: 5 min T1 + 6 x (4 min T3 + 4 min T1)
	Wo	20 Aug		Home Sweet Home training
	Za	23 Aug	K	Blokduurloop 50 min: 30 min T1, 20 min T2
	Ma	25 Aug		Testloop
	Wo	27 Aug	CS	Climaxloop 60 min: 30 min T1, 20 min T2 en 10 min T3
	Za	30 Aug		Duurloop 10 km T1
	Ma	1 Sep	L	Interval 51 min: 15 min T1 + 7x (40 sec T4 + 3 min.rust) + 10 min. T1
	Wo	3 Sep		Blokduurloop 60 min: 20 min T1, 20 min T2, 20 min T1
	Za	6 Sep		Heideloop
	Ma	8 Sep		Duurloop 45 min T1
Taper	Wo	10 Sep		Blokclimaxloop 48 min: 6x (7x1 min versnellen - wandelen 1 minuut)
	Za	13 Sep	K	Duurloop 35 min heen en 35 min terug T1 Eindhovenkanaal
	Ma	15 Sep		Climaxloop 50 min: 15 min T1, 20 min T2, 15 min T3
	Wo	17 Sep	CS	Piramideloop: T3: 3,4,5,6,5,4,3 min (2 min rust T1 na iedere T3)
	Za	20 Sep		Duurloop 10 km T1
	Ma	22 Sep	L	Bloklooptempo 45 min: 3 x (10 min T2 + 5 min T3)
	Wo	24 Sep		Interval 50 min: 10 min T1, 7x (5 min T3 + 2 min rust), 5 min T1
	Za	27 Sep		Duurloop 12 km T1
	Ma	29 Sep	K	Blokduurloop 50 min: 15 min T1, 20 min T2, 15 min T1
	Wo	1 Oct		52 min: 4 x (10 min T1 + 3 min T3)
	Za	4 Oct		Gulbergen
	Ma	6 Oct		Blokduurloop 45 min: 30 min T1, 15 min T2
	Wo	8 Oct	CS	Duurloop 40 min T1
	Za	11 Oct		Dag voor event - Vrij lopen
	Zo	12 Oct		Halve Marathon Eindhoven
	Ma	13 Oct		Duurloop 20 min T1 of herstellloop
	Wo	15 Oct		24 min: 2 x (10 min T1+ 2 min T2)
	Za	18 Oct	L	Duurloop 7 km T1
	Ma	20 Oct		36 min: 3 x (10 min T1+ 2 min T2)
	Wo	22 Oct	K	Blokduurloop 30 min: 15 min T1, 5 min T2, 10 min T1
Za	25 Oct		Duurloop 8 km T1	