

Met dit programma kun je na 12 weken 30 minuten achter elkaar hardlopen.

Week	Training 1	Training 2
Week 1	5 x 2 min hardlopen (hl) pauze: 2 min wandelen (w)	6 x 2 min hardlopen (hl) pauze: 2 min wandelen (w)
Week 2	3-2-3-2-2 min hl pauze: 2 min w	5 x 3 min hl pauze: 2 min w
Week 3	2-3-2-3-2-3 min hl pauze: 1-2-1-2-1 min w	3-3-2-3-3-2-2 min hl pauze: 1-2-1-1-2-1 min w
Week 4	4-3-2-4-3-2 min hl pauze: 2-1-1-2-1 min w	4-4-2-2-4-4 min hl pauze: 2-2-1-1-2 min w
Week 5	5-4-3-5-4 min hl pauze: 2-2-1-2 min w	5-5-4-5-4 min hl pauze: 2 min w
Week 6	6-4-6-4-4 min hl pauze: 2-1-2-1 min w	6-5-6-5-6 min hl pauze: 2-1-2-1 min w
Week 7	8-8-6-6 min hl pauze: 2-2-1 min w	4 x 8 min hl pauze: 2 min w
Week 8	10-10-4 min hl pauze: 3 min w	10-10-8 min hl pauze: 3 min
Week 9	10-10-8 min hl pauze: 2 min w	12-10-12 min hl pauze: 3-2 min w
Week 10	12-12-6 min hl pauze: 2 min w	2 x 15 min hl pauze: 3 min w
Week 11	1 x 20 min hl	2 x 15 min hl pauze: 1 min w
Week 12	1 x 25 min hl	1 x 30 min hl