



PROGRESS
GYM



BEGINNERS

5 KM

HARDLOPEN

| Week | Dag 1 | Dag 2 | Dag 3 |
|------|---|---|---|
| 1 | 1 min hardlopen 2 min wandelen 6 x herhalen | 1 min hardlopen 2 min wandelen 8 x herhalen | 1 min hardlopen 2 min wandelen 8 x herhalen |
| 2 | 1 min hardlopen 2 min wandelen 8 x herhalen | 2 min hardlopen 2 min wandelen 10 x herhalen | 2 min hardlopen 2 min wandelen 10 x herhalen |
| 3 | 1 min hardlopen 1 min wandelen 8 x herhalen | 1 min hardlopen 1 min wandelen 8 x herhalen | 2 min hardlopen 1 min wandelen 10 x herhalen |
| 4 | 2 min hardlopen 1 min wandelen 8 x herhalen | 2 min hardlopen 1 min wandelen 8 x herhalen | 2 min hardlopen 1 min wandelen 10 x herhalen |
| 5 | 3 min hardlopen 1 min wandelen 8 x herhalen | 3 min hardlopen 1 min wandelen 8 x herhalen | 3 min hardlopen 1 min wandelen 10 x herhalen |
| 6 | 1 min hardlopen 45 sec wandelen 10 x herhalen | 1 min hardlopen 45 sec wandelen 12 x herhalen | 1 min hardlopen 45 sec wandelen 12 x herhalen |
| 7 | 2 min hardlopen 1 min wandelen 12 x herhalen | 2 min hardlopen 1 min wandelen 12 x herhalen | 2 min hardlopen 1 min wandelen 14 x herhalen |

| Week | Dag 1 | Dag 2 | Dag 3 |
|------|---|--|---|
| 8 | 3 min hardlopen 1 min wandelen 12 x herhalen | 3 min hardlopen 1 min wandelen 12 x herhalen | 4 min hardlopen 1 min wandelen 10 x herhalen |
| 9 | 4 min hardlopen 1 min wandelen 10 x herhalen | 5 min hardlopen 1 min wandelen 10 x herhalen | 5 min hardlopen 1 min wandelen 10 x herhalen |
| 10 | 6 min hardlopen 1 min wandelen 8 x herhalen | 6 min hardlopen 45 sec wandelen 8 x herhalen | 7 min hardlopen 1 min wandelen 7 x herhalen |
| 11 | 7 min hardlopen 45 sec wandelen 7 x herhalen | 8 min hardlopen 1 min wandelen 6 x herhalen | 8 min hardlopen 45 sec wandelen 6 x herhalen |
| 12 | 9 min hardlopen 1 min wandelen 5 x herhalen | 9 min hardlopen 30 sec wandelen 5 x herhalen | 5 km hardlopen |
| 13 | 10 min hardlopen 30 sec wandelen 5 x herhalen | 5 km hardlopen | 10 min hardlopen 30 sec wandelen 5 x herhalen |



MEER SPORTBLOGS OP