

21 kilometer Schema

Week 1 (34km) zone hartslag duur programma

Training 1	3	max. -30%	65 min.	3 x 10 min. P=5
Training 2	2	max. -40%	40 min.	
Training 3	1	max. -50%	70 min.	

Week 2 (50km) zone hartslag duur programma

Training 1	3	max. -30%	70 min.	8 x 4 min. P=2
Training 2	2	max. -40%	50 min.	
Training 3	3	max. -30%	55 min.	
Training 4	1	max. -50%	75 min.	

Week 3 (41km) zone hartslag duur programma

Training 1	3	max. -30%	75 min.	10 x 3 min. P=2
Training 2	1	max. -50%	80 min.	
Training 3	3	max. -30%	50 min.	

Week 4 (49km) zone hartslag duur programma

Training 1	3	max. -30%	60 min.	
Training 2	2	max. -40%	45 min.	
Training 3	3	max. -30%	60 min.	6 x 4 min. P=2
Training 4	1	max. -50%	80 min.	

Week 5 (39km) zone hartslag duur programma

Training 1	4	max. -20%	60 min.	10 x 3 min. P=1
Training 2	3	max. -30%	60 min.	
Training 3	1	max. -50%	75 min.	

Week 6 (44km) zone hartslag duur programma

Training 1	4	max. -20%	60 min.	5 x 6 min. P=2
Training 2	2	max. -40%	30 min.	
Training 3	3	max. -30%	50 min.	
Training 4	1	max. -50%	90 min.	

Week 7 (34km) zone hartslag duur programma

Training 1	1	max. -50%	40 min.	
Training 2	3	max. -30%	40 min.	3 x 5 min. P=2
Training 3	3	max. -30%	15 kilometer loop	

Week 8 (54km) zone hartslag duur programma

Training 1	1	max. -50%	50 min.	
Training 2	4	max. -20%	70 min.	8 x 4 min. P=2
Training 3	2	max. -40%	90 min.	
Training 4	2	max. -40%	60 min.	4,6,8,10,8,6,4 P=2

Week 9 (55km) zone hartslag duur programma

Training 1	4	max. -20%	75 min.	7 x 5 min. P=3
Training 2	1	max. -50%	60 min.	
Training 3	3	max. -30%	60 min.	
Training 4	2	max. -40%	80 min.	

Week 10 (60km) zone hartslag duur programma

Training 1	3	max. -30%	75 min.	9 x 4 min. P=2
Training 2	1	max. -50%	80 min.	
Training 3	3	max. -30%	45 min.	
Training 4	2	max. -40%	100 min.	

Week 11 (44km) zone hartslag duur programma

Training 1	1	max. -50%	40 min.	
Training 2	3	max. -30%	50 min.	5,7,9,7,5 P=2
Training 3	4	max. -20%	65 min.	6 x 5 min. P=2
Training 4	2	max. -40%	65 min.	2 x 20 P=5

Week 12 (40km) zone hartslag duur

Training 1	3	max. -30%	35 min.	
Training 2	1	max. -50%	30 min.	
Training 3	1	max. -50%	25 min.	
De dag	3	max. -30%	Halve Marathon	

