



## LOOPSCHEMA

5km — Recreatief 2 — 10 weken — 4x per week

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| DATUM  | MAANDAG | DINSDAG                           | WOENSDAG | DONDERDAG                           | VRIJDAG                             | ZATERDAG | ZONDAG                          |
|--------|---------|-----------------------------------|----------|-------------------------------------|-------------------------------------|----------|---------------------------------|
| WEEK 1 |         | 3*8 min<br>Rust: 3min wandelen    |          | 3*10 min<br>Rust: 3min wandelen     | 2*12 min<br>Rust: 3min wandelen     |          | 3*8 min<br>Rust: 3min wandelen  |
| WEEK 2 |         | 3*12 min<br>Rust: 3min wandelen   |          | 8-12-8 min<br>Rust: 3min wandelen   | 2*13 min<br>Rust: 3min wandelen     |          | 3*8 min<br>Rust: 2min wandelen  |
| WEEK 3 |         | 6-15-6 min<br>Rust: 2min wandelen |          | 2*12 min<br>Rust: 3min wandelen     | 3*8 min<br>Rust: 1min wandelen      |          | 3*10 min<br>Rust: 1min wandelen |
| WEEK 4 |         | 2*14 min<br>Rust: 2min wandelen   |          | 25 min                              | 3*10 min<br>Rust: 2min wandelen     |          | 2*16 min<br>Rust: 3min wandelen |
| WEEK 5 |         | 4*7 min<br>Rust: 2min wandelen    |          |                                     | 2*12 min<br>Rust: 2min wandelen     |          | 30 min                          |
| WEEK 6 |         | 35 min                            |          | 3*12 min<br>Rust: 3min wandelen     | 2*16 min<br>Rust: 3min wandelen     |          | 25 min                          |
| WEEK 7 |         | 20 min                            |          | 4-6-8-10 min<br>Rust: 1min wandelen | 3*10 min<br>Rust: 2min wandelen     |          | 35 min                          |
| WEEK 8 |         | 20 min                            |          | 30 min                              | 10-16-10 min<br>Rust: 2min wandelen |          | 3*12 min<br>Rust: 2min wandelen |
| WEEK 9 |         | 25 min                            |          | 2*16 min<br>Rust: 2min wandelen     | 30 min                              |          | 40 min                          |



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|---------|---------|-------------------------------------|----------|-----------|---------|----------|--------------------------|
| WEEK 10 |         | 10-14-10 min<br>Rust: 1min wandelen |          | 20 min    |         |          | Wedstrijd 5km<br>Succes! |
| WEEK 11 |         |                                     |          |           |         |          |                          |
| WEEK 12 |         |                                     |          |           |         |          |                          |
| WEEK 13 |         |                                     |          |           |         |          |                          |
| WEEK 14 |         |                                     |          |           |         |          |                          |
| WEEK 15 |         |                                     |          |           |         |          |                          |

**LL** Loslopen

**RUST** Steeds zachtjes loslopen

> Versnelling 100m na de duurloop uitvoeren, rustig opbouwen en tegen einde van 100m vlot bollen.

> Voor en na de wedstrijd tempo's steeds 15min in- en uitlopen.

|             |        |              |                       |                      |
|-------------|--------|--------------|-----------------------|----------------------|
| ● <b>GR</b> | Groen  | < 2mmol *    | Rustige Duurloop      | 60-70% max. hartslag |
| ● <b>GE</b> | Geel   | 2.5 >< 3mmol | Normale Duurloop      | 70-80% max. hartslag |
| ● <b>OR</b> | Oranje | 3 >< 4mmol   | Wedstrijd tempo       | 80-90% max. hartslag |
| ● <b>RO</b> | Rood   | > 4mmol      | Korte wedstrijd tempo | 90-95% max. hartslag |

\* MMOL is de graad van verzuring. Te gebruiken na afname lactaat (de zuurrest van melkzuur) test.

**LOOPSCHEMA'S VOOR LOPERS EN  
SPORTIEVELINGEN VAN ELK NIVEAU.**

[WWW.KEEPONRUNNING.BE](http://WWW.KEEPONRUNNING.BE)

**DE GROOTSTE  
LOOPSPECIAALZAAK.**

[WWW.RUNNERSLAB.BE](http://WWW.RUNNERSLAB.BE)