

WOM: Running beginner

WEEK 1: 5.4 km/u wandelen – 6 km/u lopen

Dag 1	1	1	1	1	1	2	2	3	3	3	3	= 21 min
Dag 2	1	1	1	2	2	2	2	3	3	3	3	= 23 min
Dag 3	1	2	2	3	3	3	3	3	3	3	3	= 29 min

Week 2: 5.8 km/u wandelen – 6.2 km/u lopen

Dag 1	1	1	1	2	2	3	3	3	3	3	3	= 25 min
Dag 2	1	2	2	2	1	2	3	2	3	2	3	= 26 min
Dag 3	1	1	1	2	2	4	3	4	3	5	1	= 27 min

Week 3: 6 km/u wandelen – 6.4 km/u lopen

Dag 1	1	7	1	6	1	5	1	4	1	3	1	= 31 min
Dag 2	1	8	1	7	2	6	2	5	1			= 33 min
Dag 3	1	9	1	8	1	7	1					= 28 min

Week 4: 6 km/u wandelen – 6.4 km/u lopen

Dag 1	1	12	1	8	1	6	1	= 30 min
Dag 2	1	12	1	9	1	7	1	= 32 min
Dag 3	1	12	1	10	1	8	1	= 34 min

WOM: Running half gevorderd

WEEK 1: 8 km/u lopen – 10km/u versnellen - hellingsgraad +1

Dag 1	1	1	1	1	1	2	2	3	3	3	3	= 21 min
Dag 2	1	1	1	2	2	2	2	3	3	3	3	= 23 min
Dag 3	1	2	2	3	3	3	3	3	3	3	3	= 29 min

Week 2: 8.2 km/u lopen – 10.2km/u versnellen - hellingsgraad +1

Dag 1	1	4	1	4	1	3	1	3	1	2	1	= 22 min
Dag 2	1	5	1	4	1	3	1	2	1	1	4	= 24 min
Dag 3	1	6	1	5	2	4	1	3	1	2	1	= 27 min

Week 3: 8.2 km/u lopen – 10.2km/u versnellen - hellingsgraad +1

Dag 1	1	7	1	6	1	5	1	4	1	3	1	= 31 min
Dag 2	1	8	1	7	1	6	1	5	1			= 31 min
Dag 3	1	9	1	8	1	7	1					= 28 min

Week 4: 8.3 km/u lopen – 10.3km/u versnellen - hellingsgraad +1

Dag 1	1	12	1	8	1	6	1					= 30 min
Dag 2	1	12	1	9	1	7	1					= 32 min
Dag 3	1	12	1	10	1	8	1					= 34 min

WOM: Running gevorderd

WEEK 1: 10.5 km/u lopen – 12 km/u versnellen - hellingsgraad +2

Dag 1	1	1	1	1	1	2	2	3	3	3	3	= 21 min
Dag 2	1	1	1	2	2	2	2	3	3	3	3	= 23 min
Dag 3	1	2	2	3	3	3	3	3	3	3	3	= 29 min

Week 2: 10.5 km/u lopen – 12 km/u versnellen - hellingsgraad +2

Dag 1	1	4	1	4	1	3	1	3	1	2	1	= 22 min
Dag 2	1	5	1	4	1	3	1	2	1	1	4	= 24 min
Dag 3	1	6	1	5	2	4	1	3	1	2	1	= 27 min

Week 3: 10.5 km/u lopen – 12 km/u versnellen - hellingsgraad +2

Dag 1	1	7	1	6	1	5	1	4	1	3	1	= 31 min
Dag 2	1	8	1	7	1	6	1	5	1			= 32 min
Dag 3	1	9	1	8	1	7	1					= 28 min

Week 4: 10.5 km/u lopen – 12 km/u versnellen - hellingsgraad +2

Dag 1	1	12	1	8	1	6	1	= 30 min
Dag 2	1	12	1	9	1	7	1	= 32 min
Dag 3	1	12	1	10	1	8	1	= 34 min