|  |
| --- |
| **Between 2 training sessions you NEED to take a 1 to 2 days break.** |

|  |  |
| --- | --- |
| Blue is walking | Yellow is running |

Week 1:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 |
| 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 |
| 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 |

Training 1

Training 2

Training 3

Week 2:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |
| 1 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |
| 1 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |

Training 4

Training 5

Training 6

Week 3:

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 3 |
| 2 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 3 |
| 2 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 3 |

Training 7

Training 8

Training 9

Week 4:

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3 | 2 | 4 | 3 | 4 | 3 | 3 | 2 | 3 | 2 |
| 3 | 2 | 4 | 3 | 4 | 3 | 3 | 2 | 3 | 2 |
| 3 | 2 | 4 | 3 | 4 | 3 | 3 | 2 | 3 | 2 |

Training 10

Training 11

Training 12

Week 5:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 4 | 3 | 5 | 3 | 5 | 3 | 4 | 3 |
| 4 | 3 | 5 | 3 | 5 | 3 | 4 | 3 |
| 4 | 3 | 5 | 3 | 5 | 3 | 4 | 3 |

Training 13

Training 14

Training 15

Week 6:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 5 | 2 | 7 | 2 | 7 | 2 | 5 | 2 |
| 5 | 2 | 7 | 2 | 7 | 2 | 5 | 2 |
| 5 | 2 | 7 | 2 | 7 | 2 | 5 | 2 |

Training 16

Training 17

Training 18

Week 7:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 8 | 2 | 10 | 3 | 8 | 2 |
| 8 | 2 | 10 | 3 | 8 | 2 |
| 8 | 2 | 10 | 3 | 8 | 2 |

Training 19

Training 20

Training 21

Week 8:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 11 | 2 | 11 | 2 | 8 | 1 |
| 11 | 2 | 11 | 2 | 8 | 1 |
| 11 | 2 | 11 | 2 | 8 | 1 |

Training 22

Training 23

Training 24

Week 9:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 13 | 2 | 13 | 2 | 8 | 1 |
| 13 | 2 | 13 | 2 | 8 | 1 |
| 13 | 2 | 13 | 2 | 8 | 1 |

Training 25

Training 26

Training 27

Week 10:

|  |  |
| --- | --- |
| 28 | 1 or 2 walking breaks on your needs |
| 30 | 1 or 2 walking breaks on your needs |

Training 28

Training 29

|  |
| --- |
| 5 km test |

Training 30