

Doel	5K sneller dan 20:50 (v = 14.4 km/u)
Event specific weakness	endurance
Recovery Profile	meer herstel nodig na duurlopen, minder na snelheidstrainingen
Number of runs /week	5

TPL	33
recovery	9.4-10.5 k/u
Easy / base	10.6-11.7 k/u
Marathon pace	12.5 k/u
HM pace	4:36/km = 13.0 k/u
10K pace	4:23/km = 13.7 k/u
5K pace	4:10-4:13/km = 14.2-14.4 k/u
3K pace	4:04-4:05/km = 14.7k/u

Week 7	9-7 (week 28)	Pounding the ground
ma	X training	
di	5x1K @4:10, 400m jog recovery	
wo	recovery run: 2-6miles easy	
do	Fartlek 2-3k easy, 8x(1min @5K pace 1min easy), 2k easy	
vr	off	
za	Easy 5-9K	
zo	Progression run 19K, laatste 20 min moderate	

Week 8 (recovery)	16-7 (week 29)	Running on water
ma	X training	
di	4x800m @ 3:20, 400 jog recovery	
wo	recovery run: 2-6miles easy	Rondje Brug, Hank, 5K
do	Threshold: 4x6min @HM pace met 1min active recovery	
vr	off	
za	Easy 5-9K	
zo	19K Easy	

Week 8 (recovery)	23-7 (week 30)	Running on water
ma	X training	
di	4x1K @4:10, 400m jog recovery	
wo	recovery run: 2-6miles easy	Rondje Keizer Napoleonweg, Hank, 5.4K
do	Threshold: 4x6min @HM pace met 1min active recovery	
vr	off	
za	Easy 5-9K	
zo	5K Race of time-trial 16-19K Easy	

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Week 9	30-7 (week 31)	Axle between the knees
ma	X training	
di	4x1200 @5:00 + 400m jog recovery	
wo	recovery run: 2-6miles easy	Rondje Aakvlaai, Hank, 7.5K
do	Threshold: 2x10m @ hm/10K pace met 1 min active recovery	
vr	off	
za	Easy 5-9K	
zo	16-19K Easy	

Week 10	6-8 (week 32)	Butt squeeze
ma	X training	
di	3-4x 1600 @ 6:40 + 400 jog recovery	
wo	recovery run: 2-6miles easy	Rondje Buitenkade, Hank, 8K
do	Threshold: 6K @ HM pace	
vr	off	
za	Easy 5-9K	
zo	13-16K Easy	

Week 11	13-8 (week 33)	Navel to spine
ma	X training	
di	3x2K @ 8:20 + 400m jog recovery	off
wo	Recovery: 2-6miles easy	Rondje Dorp, Hank
do	Threshold: 2x10m @ hm/10K pace met 1 min active recovery	recovery run 5K
vr	off	
za	Easy 5-9K	
zo	13K Easy	

Week 12 (Taper)	20-8 (week 34)	Navel to spine
ma	X training	
di	2x2K@8:20, 400m jog recovery	
wo	recovery run: 2-6miles easy	
do	1600m @ 7:01, 1K @ 4:12, 800m @ 3:16, 1min active recovery	
vr	Easy 5K	
za	Easy 5K	
zo	Peakrace @ Teteringen	



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