

Loopschema voor loopgroep 1 5 Engelse mijl ofwel 8 km.

Week 1.	2 September	
Training 1 . 4 x	2 min wandelen	5 min hardlopen
Training 2. 2 x	1 min wandelen	7 min hardlopen
Week 2.	9 September	
Training 1 . 7 x	1 min wandelen	3 min hardlopen
Training 2.	15 min hardlopen	
Week 3.	16 September	
Training 1 . 6 x	2 min wandelen	4 min hardlopen
Training 2.	18 min hardlopen	
Week 4.	23 September	
Training 1 . 5 x	2 min wandelen	5 min hardlopen
Training 2.	21 min hardlopen	
Week 4.	30 September	
Training 1 . 9 x	1 min wandelen	3 min hardlopen
Training 2.	24 min hardlopen	
Week 6.	7 Oktober	
Training 1 . 3 x	2 min wandelen	9 min hardlopen
Training 2.	27 min hardlopen	
Week 7.	14 Oktober	
Training 1 . 7 x	2 min wandelen	4 min hardlopen
Training 2.	30 min hardlopen	
Week 8.	21 Oktober	
Training 1 . 7 x	1 min wandelen	4 min hardlopen
Training 2.	35 min hardlopen	
Week 9.	28 Oktober	
Training 1 . 4 x	2 min wandelen	7 min hardlopen
Training 2.	40 min hardlopen	
Week 10.	4 November	
Training 1 .	45 min hardlopen	
Training 2.	7 km Testloop	<i>(Zondag 8 nov. 9.30 uur)</i>

Voorstel is dan zondag 15 november de 5 mijl te lopen.