

Schema start 2marathon@Decathlon Kortrijk voorjaar 2019

week 02

| | | |
|-----------|--|----------------------------------|
| MA 07 jan | Eerste kennis making - gezamenlijke trainig vetrek Decathlon | 5 Km |
| DI 08 | | |
| WOE 09 | benchmark - Don bosco marke | opwarming - benchmark -stretchen |
| DON 10 | | |
| VRIJ 11 | | |
| ZAT 12 | gezamenlijke duurloop vetrek Decathlon Kortrijk | 6 Km |
| ZON 13 | | |

week 03

| | | |
|-----------|---|--------------------------------------|
| MA 14 jan | Eerste gezamenlijke training De Gavers Harelbeke - interval | 5 Km met 2x versneling van 200 meter |
| DI 15 | | |
| WOE 16 | benchmark - Don bosco Marke | opwarming - benchmark -stretchen |
| DON 17 | | |
| VRIJ 18 | | |
| ZAT 19 | duurloop - groep van Tom | 7 Km groep John 10 Km |
| ZON 20 | | |

De groep van Tom loopt aan een gemiddelde tussen 6 en 7 min per Km

Wel te verstaan beginnen bij 7 en eindigen bij 6

De groep van john loopt aan een gemiddelde tussen 5 en 6 min per Km

Wel te verstaan beginnen bij 6 en eindigen bij 5

week 04

| | | TOM | JOHN |
|-----------|---------------------------------------|----------------------------------|--------------------|
| MA 21 jan | interval traing - de gavers Harelbeke | 5 Km 2x 200meter | 5 Km 4 x 200 meter |
| DI 22 | | | |
| WOE 23 | benchmark - Don bosco Marke | opwarming - benchmark -stretchen | |
| DON 24 | | | |
| VRIJ 25 | | | |
| ZAT 26 | Duurloop vertrek Decathlon Kortrijk | 8 Km | 14 Km |
| ZON 27 | | | |

Week 05**TOM****JOHN**

| | | |
|------|--------|-----------------|
| MA | 28 jan | <i>interval</i> |
| DI | 29 | |
| WOE | 30 | |
| DON | 31 | |
| VRIJ | 01 feb | |
| ZAT | 02 | <i>duurloop</i> |
| ZON | 03 | |

5 Km 4x200**5 Km 3x500****opwarming - benchmark -stretchen****9 Km****16 Km****week 06****TOM****JOHN**

| | | |
|------|--------|-----------------|
| MA | 04 feb | <i>interval</i> |
| DI | 05 | |
| WOE | 06 | |
| DON | 04 | |
| VRIJ | 08 | |
| ZAT | 09 | <i>duurloop</i> |
| ZON | 10 | |

5 Km 2x500**5 Km 4x500****opwarming - benchmark -stretchen****10 Km****20 Km****Week 07****TOM****JOHN**

| | | |
|------|--------|-----------------|
| MA | 11 feb | <i>interval</i> |
| DI | 12 | |
| WOE | 13 | |
| DON | 14 | |
| VRIJ | 15 | |
| ZAT | 16 | <i>duurloop</i> |
| ZON | 17 | |

5 Km 3x500**5 Km 4X800****opwarming - benchmark -stretchen****11 Km****24 Km****Week 08****TOM****JOHN**

| | | |
|------|--------|-----------------|
| MA | 18 feb | <i>interval</i> |
| DI | 19 | |
| WOE | 20 | |
| DON | 21 | |
| VRIJ | 22 | |
| ZAT | 23 | <i>duurloop</i> |
| ZON | 24 | |

5 Km 4x500**6 km 5x800****opwarming - benchmark -stretchen****12 Km****28 Km****Week 09****TOM****JOHN**

| | | |
|------|--------|-----------------|
| MA | 25 feb | <i>interval</i> |
| DI | 26 | |
| WOE | 27 | |
| DON | 28 | |
| VRIJ | 01 Maa | |
| ZAT | 02 | <i>duurloop</i> |
| ZON | 03 | |

5 Km 3x800**6 Km 3x1km****opwarming - benchmark -stretchen****14 Km****32 Km****week 10****TOM****JOHN**

| | | |
|------|--------|-----------------|
| MA | 04 maa | <i>interval</i> |
| DI | 25 | |
| WOE | 06 | |
| DON | 07 | |
| VRIJ | 08 | |
| ZAT | 09 | <i>duurloop</i> |
| ZON | 10 | |

6 km 4x800**7 Km 4x1Km****opwarming - benchmark -stretchen****16 Km****34 Km**

| Week 11 | | | TOM | JOHN | Week 12 | | | TOM | JOHN |
|---------|--------|-----------------|----------------------------------|-------|---------|--------|-----------------|----------------------------------|-------------|
| MA | 11 maa | <i>herstel</i> | 8 Km | 15 Km | MA | 18 maa | <i>interval</i> | 5 Km 3x1Km | 6 Km 3x1200 |
| DI | 12 | | | | DI | 19 | | | |
| WOE | 13 | | opwarming - benchmark -stretchen | | WOE | 20 | | opwarming - benchmark -stretchen | |
| DON | 14 | | | | DON | 21 | | | |
| VRIJ | 15 | | | | VRIJ | 22 | | | |
| ZAT | 16 | <i>duurloop</i> | 18 Km | 36 Km | ZAT | 23 | <i>duurloop</i> | 19 Km | 30 Km |
| ZON | 17 | | | | ZON | 24 | | | |

| Week 13 | | | TOM | JOHN | Week 14 | | | TOM | JOHN |
|---------|--------|-----------------|----------------------------------|-------|---------|--------|---|-----------------|------------------|
| MA | 25 maa | <i>hertsel</i> | 10 Km | 15 Km | MA | 01 Apr | <i>herstel</i> | 7 Km | 7 Km |
| DI | 26 | | | | DI | 02 | | | |
| WOE | 27 | | opwarming - benchmark -stretchen | | WOE | 03 | <i>herstel</i> | 3 Km | 3 Km |
| DON | 28 | | | | DON | 04 | | | |
| VRIJ | 29 | | | | VRIJ | 05 | | | |
| ZAT | 30 | <i>duurloop</i> | 18Km | 18Km | ZAT | 06 | (of 20 km voor deze die geen wedstrijd lopen) | | |
| ZON | 31 | | | | ZON | 07 | Wedstrijd Rotterdam | 10,55 Km | 42,195 Km |

| Week 15 | | | TOM | JOHN | Week 16 | | | TOM | JOHN |
|---------|--------|------------------------|----------------------------------|------|---------|--------|-----------------|----------------------------------|-------|
| MA | 08 Apr | <i>recuperatie</i> | 5 KM | 5 km | MA | 15 Apr | <i>herstel</i> | 10 Km | 15 Km |
| DI | 09 | | | | DI | 16 | | | |
| WOE | 10 | | opwarming - benchmark -stretchen | | WOE | 17 | | opwarming - benchmark -stretchen | |
| DON | 11 | | | | DON | 18 | | | |
| VRIJ | 12 | | | | VRIJ | 19 | | | |
| ZAT | 13 | | | | ZAT | 20 | <i>duurloop</i> | 16 Km | 16 Km |
| ZON | 14 | wedstrijd Zwalm | 21,1KM | | ZON | 21 | | | |

| Week 17 | | | TOM | JOHN |
|---------|--------|---------------------|------|------|
| MA | 22 Apr | <i>herstel</i> | 7 Km | 7 Km |
| DI | 23 | | | |
| WOE | 24 | <i>herstel</i> | 3 Km | 3 Km |
| DON | 25 | | | |
| VRIJ | 26 | | | |
| ZAT | 27 | | | |
| ZON | 28 | Wedstrijd Antwerpen | | |

keuze mogelijkheden : **AG Antwerp 10 Miles** **16.09344 Km**

AG Antwerp Marathon **42,195 km**

mogelijkheid om verder te trainen voor :

01 mei Knokke 10K

12 mei Brugge 15 Km

19 mei 20 Km door Brussel

10 juni Think Pink Kortrijk 11 Km

21 juni Nacht van west Vlaanderen 21,1 Km of 42,195 Km