

Marathonschema 4:15 uur - 3 trainingen per week

Week	Interval	Tempoloop	Duurloop	Totaal
1	6x 400m in 2:15 (pauze 90 sec)	6 km @ 6:00/km + 2 km in/uitloper	12 km @ 6:30-6:45/km	28 km
2	5x 800m in 4:30 (pauze 2 min)	8 km @ 6:00/km + 2 km in/uitloper	14 km @ 6:30/km	34 km
3	4x 1000m in 5:35 (pauze 2 min)	10 km @ 6:00/km + 2 km in/uitloper	16 km @ 6:30/km	38 km
4	6x 400m in 2:15 (pauze 90 sec)	6 km @ 6:00/km + 2 km in/uitloper	12 km @ 6:30/km	28 km
5	6x 800m in 4:30 (pauze 2 min)	10 km @ 5:55/km + 2 km in/uitloper	18 km @ 6:30/km	41 km
6	4x 1200m in 6:50 (pauze 2 min)	10 km @ 5:55/km + 2 km in/uitloper	20 km @ 6:30/km	43 km
7	5x 1000m in 5:35 (pauze 2 min)	12 km @ 5:55/km + 2 km in/uitloper	22 km @ 6:30/km	47 km
8	6x 400m in 2:15 (pauze 90 sec)	6 km @ 5:55/km + 2 km in/uitloper	16 km @ 6:30/km	32 km
9	4x 1600m in 9:00 (pauze 3 min)	14 km @ 5:55/km + 2 km in/uitloper	24 km @ 6:30/km	53 km
10	5x 1000m in 5:25 (pauze 2 min)	10 km @ 5:50/km + 2 km in/uitloper	26 km @ 6:30/km	49 km
11	6x 800m in 4:25 (pauze 2 min)	12 km @ 5:50/km + 2 km in/uitloper	28 km @ 6:25/km	53 km
12	6x 400m in 2:10 (pauze 90 sec)	6 km @ 5:50/km + 2 km in/uitloper	20 km @ 6:30/km	36 km
13	5x 1200m in 6:40 (pauze 2 min)	14 km @ 5:50/km + 2 km in/uitloper	30 km @ 6:25/km	58 km
14	6x 800m in 4:25 (pauze 2 min)	12 km @ 5:50/km + 2 km in/uitloper	24 km @ 6:25/km	49 km
15	6x 400m in 2:10 (pauze 90 sec)	8 km @ 5:55/km + 2 km in/uitloper	16 km @ 6:30/km	34 km
16	4x 400m in 2:15 (pauze 90 sec)	4 km los of rustdag	Marathon (42,2 km)	46 km