

## Marathonschema 4:00 uur - 3 trainingen per week

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