Aeroob	Training tot 80% Hfmax					
	400m =					
10km tijd	m	sec/100m				
34:00:00	1:30	22.5				
37:00:00	1:37	24.3				
40:00:00	1:45	26.3				
43:00:00	1:52	28.0				
46:00:00	2:00	30.0				
49:00:00	2:08	32.0				
52:00:00	2:15	33.8				
55:00:00	2:22	35.5				
58:00:00	2:30	37.5				
Frequentie	25x					
Pauze	telkens 10 á 15 sec					

Aeroob/anaeroob	Training tussen 80-90% Hfmax					
	dezelfde snelheid per 200m op elke afstand					
10km tijd	200m	400m	600m	800m	1000m	sec/100m
34:00:00	0:40	1:20	2:00	2:40	3:20	20.0
37:00:00	0:45	1:30	2:15	3:00	3:45	22.5
40:00:00	0:48	1:36	2:24	3:12	4:00	24.0
43:00:00	0:53	1:46	2:39	3:32	4:25	26.5
46:00:00	0:55	1:50	2:45	3:40	4:35	27.5
49:00:00	0:58	1:56	2:54	3:52	4:50	29.0
52:00:00	1:02	2:04	3:06	4:08	5:10	31.0
55:00:00	1:06	2:12	3:18	4:29	5:30	33.0
58:00:00	1:10	2:20	3:30	4:40	5:50	35.0
Frequentie	20x	12x	8x	6x	5x	
Pauze	0:45	1:15	1:45	2:15	2;45	
De duur van de pauzes maken het verschil						

Anaeroob	Training meer dan 90% Hfmax					
10km tijd	200m	sec/100m	300m	sec/100m	400m	sec/100m
34:00:00	0:34	17.0	0:52	17.3	1:10	17.5
37:00:00	0:37	18.5	0:56	18.7	1:16	19.0
40:00:00	0:40	20.0	1:01	20.3	1:22	20.5
43:00:00	0:43	21.5	1:07	22.3	1:30	22.5
46:00:00	0:46	23.0	1:12	24.0	1:38	24.5
49:00:00	0:49	24.5	1:18	26.0	1:46	26.5
52:00:00	0:52	26.0	1:24	28.0	1:56	29.0
55:00:00	0:55	27.5	1:30	30.0	2:04	31.0
58:00:00	0:58	58.0	1:36	32.0	2:12	33.0
Frequentie	10x		8x		6x	
Pauze	2:00		2:30		3:00	
						JBRN2009