

Trainingsschema

| 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 | 29.0 | 1:36 | 32.0 | 2:12 | 33.0 |
| Frequentie | 10x | | 8x | | 6x | |
| Pauze | 2:00 | | 2:30 | | 3:00 | |
| | | | | | | JBRN2009 |