













RUN2DAY

APELDOORN - ARNHEM - NIJMEGEN

15 km

| | | |
|---|---|---|
| 7 | | |
| | Training Run2day |  |
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| | Duurloop 50 minuten (tempo 2) met daarin 3 korte tempolopen van 500 meter (tempo 4) |  |
| | Herstelloop 30 minuten (Herstel 1) |  |
| | | |
| | Lange duurloop 10 kilometer (tempo 1) |  |
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| | | |
|---|---|---|
| 8 | | |
| | Training Run2day |  |
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| | Duurloop 45 minuten (tempo 2) met daarin 4 korte tempolopen van 500 meter (tempo 4) |  |
| | Herstelloop 30 minuten (Herstel 1) |  |
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| | Generale |  |
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| | | |
|---|---|---|
| 9 | | |
| | Training Run2day |  |
| | | |
| | Duurloop 50 minuten (tempo 2) |  |
| | | |
| | Duurloop 46 minuten (tempo 2) met daarin 2 korte tempolopen van 500 meter (tempo 4) |  |
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| | Lange duurloop 10 kilometer (tempo 1) |  |
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|----|------------------------------------|---|
| 10 | | |
| | Training Run2day |  |
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| | Duurloop 42 minuten (tempo 2) |  |
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| | Herstelloop 32 minuten (Herstel 1) |  |
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| | Wedstrijd |  |
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