Runinfo.nl

# Trainingsschema halve marathon uitlopen

| | Datum | Ma | Di | Wo | Do | Vr | Za | Zo | Totaal |
|---|---|---|---|---|---|---|---|---|---|
| 1 | | | | | | | | | 80 |
| 2 | | | | | | | | | 120 |
| 3 | | | | | | | | | 105 |
| 4 | | | | | | | | | 135 |
| 5 | | | | | | | | | 110 |
| 6 | | | | | | | | | 106 |
| 7 | | | | | | | | | 90 |
| 8 | | | | | | | | | 121 |
| 9 | | | | | | | | | 110 |
| 10 | | | | | | | | | 135 |
| 11 | | | | | | | | | 175 |
| 12 | | | | | | | | | |