Runinfo.nl

# Trainingsschema marathon beginner

maximaal 4 trainingen per week

| | Datum | Ma | Di | Wo | Do | Vr | Za | Zo | Totaal |
|---|---|---|---|---|---|---|---|---|---|
| **Algemene voorbereidingsperiode** | | | | | | | | | |
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |
| **Specifieke voorbereidingsperiode** | | | | | | | | | |
| 6 | | | | | | | | | |
| 7 | | | | | | | | | |
| 8 | | | | | | | | | |
| 9 | | | | | | | | | |
| **Intensieve periode** | | | | | | | | | |
| 10 | | | | | | | | | |
| 11 | | | | | | | | | |
| **De laatste week** | | | | | | | | | |
| 12 | | | | | | | | | |