

Loopschema 10.5 km

Rood = lopen

Wit = stappen

Week 1

Dag 1	6'	2'	6'	2'	6'	2'	6'	2'	6'	2'	40'
Dag 2	rust										
Dag 3	6'	2'	6'	2'	6'	2'	6'	2'	6'	2'	40'
Dag 4	rust										
Dag 5	6'	2'	7'	3'	6'	2'	7'	2'	6'	2'	43'
Dag 6	Rust										
Dag 7	Rust										

Week 2

Dag 1	7'	2'	6'	2'	7'	2'	6'	2'	7'	2'	43'
Dag 2	Rust										
Dag 3	7'	2'	7'	2'	7'	2'	7'	2'	7'	2'	45'
Dag 4	Rust										
Dag 5	9'	2'	9'	3'	9'	2'	9'	2'			45'
Dag 6	Rust										
Dag 7	Rust										

Week 3

Dag 1	8'	2'	8'	1'	8'	2'	7'	1'	7'	1'	45'
Dag 2	Rust										
Dag 3	9'	2'	10'	3'	9'	2'	8'	2'			45'
Dag 4	Rust										
Dag 5	8'	2'	8'	2'	8'	2'	8'	2'	8'	2'	50'
Dag 6	Rust										
Dag 7	Rust										

Week 4

Dag 1	9'	2'	8'	1'	9'	2'	8'	1'	9'	1'		50'
Dag 2	rust											
Dag 3	10'	3'	10'	2'	10'	3'	10'	2'				50'
Dag 4	rust											
Dag 5	9'	2'	9'	2'	9'	2'	9'	2'	9'	2'		55'
Dag 6	Rust											
Dag 7	Rust											

Week 5

Dag 1	9'	1'	10'	2'	9'	2'	10'	2'	9'	1'		55'	
Dag 2	Rust												
Dag 3	10'	3'	11'	4'	10'	3'	11'	3'				55'	
Dag 4	rust												
Dag 5	8'	2'	8'	2'	8'	2'	8'	2'	8'	2'	8'	2'	60'
Dag 6	Rust												
Dag 7	Rust												

Week 6

Dag 1	9'	2'	10'	3'	9'	3'	10'	3'	9'	2'		60'
Dag 2												
Dag 3	10'	3'	10'	3'	10'	3'	10'	3'	10'	3'		65'
Dag 4												
Dag 5	11'	3'	10'	2'	11'	3'	10'	2'	10'	3'		65'
Dag 6	Rust											
Dag 7	Rust											

Week 7

Dag 1	11'	2'	11'	2'	11'	2'	11'	2'	11'	2'		65'
Dag 2												
Dag 3	12'	3'	11'	2'	12'	3'	11'	2'	12'	2'		70'
Dag 4												
Dag 5	12'	2'	12'	2'	12'	2'	12'	2'	12'	2'		70'
Dag 6	Rust											
Dag 7	Rust											

Week 8

Dag 1	15'	2'	15'	3'	15'	2'	15'	3'			70'
Dag 2											
Dag 3	16'	2'	15'	2'	16'	2'	15'	2'			70'
Dag 4											
Dag 5	17'	5'	17'	5'	17'	4'					65'
Dag 6	Rust										
Dag 7	Rust										

Week 9

Dag 1	19'	3'	19'	3'	19'	2'		65'
Dag 2								
Dag 3	20'	2'	20'	2'	20'	1'		65'
Dag 4								
Dag 5	26'	4'	26'	4'				60'
Dag 6	Rust							
Dag 7	Rust							

Week 10

Dag 1	28'	1'	28'	1'		60'
Dag 2						
Dag 3	60'					60'
Dag 4						
Dag 5	60'					60'
Dag 6	Rust					
Dag 7	Rust					