


# 2026 /11

| WEEK | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|---|---|---|---|---|---|---|
| 44 | 26-10-26 | 27-10-26 | 28-10-26 | 29-10-26 | 30-10-26 | 31-10-26 | 01-11-26 |
| | RUST | Herstel | RUST | Herstel | RUST | Duurloop | RUST |
| Doel | | 2 * 4000 m | | 3 * 3000 m | | 15 km | |
| Tempo | | 80% 4 min | | 80% 3 min | | DL 1 | |
| Doel | | | | | | of | |
| Tempo | | | | | | Groep C/D/E | |
| Doel | | Uitlopen | | Uitlopen | | 1/2 Marathon | |
| Tempo | | 70% | | 70% | | DL 1 | |
| 45 | 02-11-26 | 03-11-26 | 04-11-26 | 05-11-26 | 06-11-26 | 07-11-26 | 08-11-26 |
| | RUST | Interval | RUST | Interval duurloop | RUST | Duurloop | RUST |
| Doel | | 544333222211111 | | 4 * 3000 m | | 15 km | |
| Tempo | | 90% 1:30 min | | 90% 3 min | | DL 1 | |
| pauze | | | | | | of | |
| Doel | | | | | | Groep C/D/E | |
| Tempo | | Uitlopen | | Uitlopen | | 1/2 Marathon | |
| Overig | | 70% | | 70% | | DL 1 | |
| 46 | 09-11-26 | 10-11-26 | 11-11-26 | 12-11-26 | 13-11-26 | 14-11-26 | 15-11-26 |
| | RUST | Interval | RUST | Interval duurloop | RUST | Duurloop | RUST |
| Doel | | 433221 | | 2 * 6 KM | | 15 km | |
| Tempo | | 90% 1:30 min | | 90% 3 min | | DL 1 | |
| pauze | | 433221 | | | | of | |
| Doel | | 100% 1:30 min | | | | Groep C/D/E | |
| Tempo | | Uitlopen | | Uitlopen | | 1/2 Marathon | |
| Overig | | 70% | | 70% | | DL 1 | |
| 47 | 16-11-26 | 17-11-26 | 18-11-26 | 19-11-26 | 20-11-26 | 21-11-26 | 22-11-26 |
| | RUST | Vaartspel | RUST | Vaartspel | RUST | Duurloop | RUST |
| Doel | | o.l.v. Trainer | | o.l.v. Trainer | | 15 km | |
| Tempo | | | | | | DL 1 | |
| pauze | | | | | | of | |
| Doel | | | | | | Groep C/D/E | |
| Tempo | | | | | | 1/2 Marathon | |
| Overig | | | | | | DL 1 | |
| 26-10-2026 | | | | | | | |

De maand waarin de LGR 30 jaar bestaat.

**Train met de juiste kleding en verlichting**

Let op elkaar en haal de laatsten altijd op.

## Trainingsniveau

| Niveau-> | 1 km | C | D | E | F | G | H | I | J |
|---|---|---|---|---|---|---|---|---|---|
| Tempo | Snelheid | 13,3 | 12,6 | 12,0 | 11,4 | 10,9 | 10,4 | 10,0 | 9,6 |
| Herstel DL | 70% | 06:26 | 06:47 | 07:09 | 07:30 | 07:51 | 08:13 | 08:34 | 08:56 |
| DL I | 80% | 05:37 | 05:56 | 06:15 | 06:34 | 06:52 | 07:11 | 07:30 | 07:49 |
| DL II | 85% | 05:18 | 05:35 | 05:53 | 06:11 | 06:28 | 06:46 | 07:04 | 07:21 |
| | 90% | 05:00 | 05:17 | 05:33 | 05:50 | 06:07 | 06:23 | 06:40 | 06:57 |
| | 93% | 04:50 | 05:06 | 05:23 | 05:39 | 05:55 | 06:11 | 06:27 | 06:43 |
| DL III | 95% | 04:44 | 05:00 | 05:16 | 05:32 | 05:47 | 06:03 | 06:19 | 06:35 |
| | 98% | 04:36 | 04:51 | 05:06 | 05:21 | 05:37 | 05:52 | 06:07 | 06:23 |
| 10 km tijd | 100% | 04:30 | 04:45 | 05:00 | 05:15 | 05:30 | 05:45 | 06:00 | 06:15 |
| | 103% | 04:22 | 04:37 | 04:51 | 05:06 | 05:20 | 05:35 | 05:50 | 06:04 |
| | 105% | 04:17 | 04:31 | 04:46 | 05:00 | 05:14 | 05:29 | 05:43 | 05:57 |

## Duurlopen

| km/uur | Inzet bij training DUUR | Doel |
|---|---|---|
| Herstel DL | 15 - 45 min | Versnelde afvoer afvalstoffen |
| DL I | 30 - 180 min | Basisuithoedingsvermogen |
| DL II | 30 - 120 min | Verbeteren van duurvermogen |
| DL III | 15 - 60 min | Verbeteren van de snelheid |
| AD | 1 - 60 min | Verbeteren tempohardheid |

**AD** = Aërobe drempel = tempo wat je tenminste 1 uur kunt volhouden.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | 110% | 04:05 | 04:19 | 04:33 | 04:46 | 05:00 | 05:14 | 05:27 | 05:41 | | |