



# LOOPGROEP ROSMALEN

2024  
/05

| WEEK   | MAANDAG  | DINSDAG        | WOENSDAG | DONDERDAG         | VRIJDAG  | ZATERDAG       | ZONDAG    |
|--------|----------|----------------|----------|-------------------|----------|----------------|-----------|
| 17     | 22-04-24 | 23-04-24       | 24-04-24 | 25-04-24          | 26-04-24 | 27-04-24       | 28-04-24  |
| Doel   | RUST     | Interval       | RUST     | Interval duurloop | RUST     | Duurloop       | RUST      |
| Tempo  |          | 12 * 1:30 min  |          | 2 x 5000 m        |          | 15 km          |           |
| Doel   |          | 90%            | 1:30 min |                   | 90%      | 5 min          |           |
| Tempo  |          |                |          |                   |          | DL 1           |           |
| Doel   |          |                |          |                   |          | of             |           |
| Tempo  |          | 3 * 100 m      |          |                   |          | Koningsdagloop |           |
| Doel   |          | 105%           | 1:30 min |                   |          | Wybosch        |           |
| Tempo  |          | Uitlopen       |          | Uitlopen          |          |                |           |
| 18     | 29-04-24 | 30-04-24       | 01-05-24 | 02-05-24          | 03-05-24 | 04-05-24       | 05-05-24  |
| Doel   | RUST     | Interval       | RUST     | Interval duurloop | RUST     | Duurloop       | RUST      |
| Tempo  |          | 10 * 2 min     |          | 3 x 4000 m        |          | 15 km          |           |
| Doel   |          | 90%            | 1:30 min |                   | 90%      | 4 min          |           |
| Tempo  |          |                |          |                   |          | DL 1           |           |
| Doel   |          |                |          |                   |          | of             |           |
| Tempo  |          | 4 x 1000 m     |          |                   |          | Groep C/D/E    |           |
| Overig |          | 105%           | 2 min    |                   |          | 1/2 Marathon   |           |
| Tempo  |          | Uitlopen       |          | Uitlopen          |          | DL 1           |           |
| 19     | 06-05-24 | 07-05-24       | 08-05-24 | 09-05-24          | 10-05-24 | 11-05-24       | 12-05-24  |
| Doel   | RUST     | Wedstrijd      | RUST     | RUST              | RUST     | Duurloop       | RUST      |
| Tempo  |          | 5000 m         |          | Hemelvaart        |          | 15 km          |           |
| Doel   |          | 100%           |          |                   |          | DL 1           |           |
| Tempo  |          | Coudewater     |          |                   |          | of             |           |
| Doel   |          |                |          |                   |          | Groep C/D/E    |           |
| Tempo  |          |                |          |                   |          | 1/2 Marathon   |           |
| Overig |          | Uitlopen       |          |                   |          | DL 1           |           |
| 20     | 13-05-24 | 14-05-24       | 15-05-24 | 16-05-24          | 17-05-24 | 18-05-24       | 19-05-24  |
| Doel   | RUST     | Vaartspel      | RUST     | Vaartspel         | RUST     | Duurloop       | Wedstrijd |
| Tempo  |          | o.l.v. trainer |          | o.l.v. trainer    |          | 15 km          |           |
| Doel   |          |                |          |                   |          | DL 1           |           |
| Tempo  |          |                |          |                   |          | of             |           |
| Doel   |          |                |          |                   |          | Groep C/D/E    |           |
| Tempo  |          |                |          |                   |          | 1/2 Marathon   |           |
| Overig |          |                |          |                   |          | DL 1           |           |

22-04-2024

Een heel nieuwjaar met goede voornemens op loopgebied!

Stel je doelen en train daar naar toe.

Train niet te hard maar train voldoende.

| Trainingsniveau |          |       |       |       |       |       |       |       |       | Duurlopen |              |                               |
|-----------------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|--------------|-------------------------------|
| Niveau->        | 1 km     | C     | D     | E     | F     | G     | H     | I     | J     | km/uur    | DUUR         | Doel                          |
| Tempo           | Snelheid | 13,3  | 12,6  | 12,0  | 11,4  | 10,9  | 10,4  | 10,0  | 9,6   | Herstel   | 15 - 45 min  | Versnelde afvoer afvalstoffen |
| Herstel DL      | 70%      | 06:26 | 06:47 | 07:09 | 07:30 | 07:51 | 08:13 | 08:34 | 08:56 | DL I      | 30 - 180 min | Basisuithoudingsvermogen      |
| DL I            | 80%      | 05:37 | 05:56 | 06:15 | 06:34 | 06:52 | 07:11 | 07:30 | 07:49 | DL II     | 30 - 120 min | Verbeteren van duurvermogen   |
| 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 |           |              |                               |
| DL III          | 93%      | 04:50 | 05:06 | 05:23 | 05:39 | 05:55 | 06:11 | 06:27 | 06:43 | DL III    | 15 - 60 min  | Verbeteren van de snelheid    |
|                 | 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 | AD        | 1 - 60 min   | Verbeteren tempohardheid      |
|                 | 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 |           |              |                               |
|                 | 110%     | 04:05 | 04:19 | 04:33 | 04:46 | 05:00 | 05:14 | 05:27 | 05:41 |           |              |                               |

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