

# ZOTTEGEM ATLETIEK vzw



**START 2 RUN**

## In 10 weken 5 km lopen!!!!!!

Voor wie? Iedereen, jong of minder jong.

Wanneer? Elke dinsdag- en donderdagavond om 19u30

**Aanvangsdatum dinsdag 5 april 2022**

Waar? Stedelijk Sportstadion te Zottegem – Kastanjelaan

Trainingsadvies - van 0 tot 5 km in 10 weken

lopen
wandelen

Week 1	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	5/apr 7/apr 10/apr	1 1 1	1 2 2	2 2 2	2 2 2	2 2 2	2 2 2	2 2 2	1 1 1	1 1 1	20 min 20 min 20 min
Week 2	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	12/apr 14/apr 17/apr	1 1 1	1 1 1	1 3 3	3 3 3	3 3 3	3 3 3	2 2 2	2 2 2	2 2 2	24 min 24 min 24 min
Week 3	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	19/apr 21/apr 24/apr	2 2 2	2 2 2	2 4 4	4 3 3	3 3 3	3 3 3	3 3 3	3 3 3	3 3 3	27 min 27 min 27 min
Week 4	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	26/apr 28/apr 1/mei	3 3 3	2 2 4	4 3 3	3 4 4	3 3 3	3 3 3	2 2 2	3 3 3	2 2 2	29 min 29 min 29 min
Week 5	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	3/mei 5/mei 8/mei	4 4 4	3 3 3	5 5 5	3 3 3	5 5 5	3 3 3	4 4 4	3 3 3	3 3 3	30 min 30 min 30 min
Week 6	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	10/mei 12/mei 15/mei	5 5 5	2 2 2	7 7 7	2 2 2	7 7 7	2 2 2	5 5 5	2 2 2	2 2 2	32 min 32 min 32 min
Week 7	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	17/mei 19/mei 22/mei	8 8 8	2 2 2	10 10 10	3 3 3	8 8 8	2 2 2	2 2 2	5 5 5	2 2 2	33 min 33 min 33 min
Week 8	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	24/mei 26/mei 29/mei	11 11 11	2 2 2	11 11 11	2 2 2	8 8 8	1 1 1	1 1 1	35 min 35 min 35 min	Feestdag: Voormiddag om 10u	
Week 9	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	31/mei 2/jun 5/jun	13 13 13	2 2 2	13 13 13	2 2 2	8 8 8	1 1 1	1 1 1	39 min 39 min 39 min		
Week 10	1 <sup>ste</sup> training 2 <sup>de</sup> training 3 <sup>de</sup> training	7/jun 9/jun 12/jun	15 17 20	2 2 1	13 13 13	2 2 1	2 2 1	2 2 1	2 2 1	2 2 1	2 2 1	32 min 34 min 35 min

**Op 14 juni om 19u30, lopen we samen 5 km!**

Nadien ben je welkom om in groep gratis & verzekerd verder te trainen tijdens de wekelijkse joggingtraining, iedere donderdagavond.