

Løbeprogram: 5 km. på 12 uger.

Alle træningspas er samme rute ud og hjem, man vender halvejs i løbepasset markeret med "V"

J = Jog R = Roligt tempo M = Moderat tempo V = Vend om

Disse dage er det muligt at løbe 10 - 20 - 30 på stadion

	Uge 1.	Uge 2.	Uge 3.	Uge 4.
1. Dag (Tirsdag)	5 min rask gang	5 min rask gang	4 min rask gang	3 min rask gang
	1 min J	2 min J	3 min J	5 min J
	2 min rask gang	1 min rask gang	4 min rask gang V	3 min rask gang V
	3 min rask gang V	3 min rask gang V	3 min J	4 min J
	1 min J	2 min J	1 min rask gang	1 min rask gang
	3 min rask gang	2 min rask gang		
2. Dag (Torsdag)	5 min rask gang	5 min rask gang	4 min rask gang	3 min rask gang
	1 min J	2 min J	3 min J	5 min J
	2 min rask gang	1 min rask gang	4 min rask gang V	1 min rask gang
	3 min rask gang V	3 min rask gang V	4 min J	1 min rask gang V
	1 min J	2 min J	1 min rask gang	5 min J
	3 min rask gang	2 min rask gang		2 min rask gang
3. Dag (Lørdag)	5 min rask gang	5 min rask gang	3 min rask gang	3 min rask gang
	2 min J	2 min J	3 min J	5 min J
	4 min rask gang V	4 min rask gang V	1 min rask gang	1 min rask gang
	1 min J	3 min J	2 min rask gang V	1 min rask gang V
	2 min rask gang	1 min rask gang	4 min J	5 min J
			1 min rask gang	2 min rask gang

	Uge 5.	Uge 6.	Uge 7.	Uge 8.
1. Dag (Tirsdag)	3 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	6 min J	7 min J	8 min R	10 min R
	3 min rask gang V	2 min rask gang V	2 min rask gang V	2 min rask gang V
	5 min J	7 min J	8 min R	9 min R
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
2. Dag (Torsdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	7 min J	8 min J	9 min R	11 min R
	2 min rask gang V	2 min rask gang V	2 min rask gang V	2 min rask gang V
	6 min J	8 min J	9 min R	10 min R
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
3. Dag (Lørdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	7 min J	8 min J	9 min R	11 min R
	5 min V J	7 min V J	8 min V R	9 min V R
	5 min rask gang	5 min rask gang	5 min rask gang	5 min rask gang

	Uge 9.	Uge 10.	Uge 11.	Uge 12.
1. Dag (Tirsdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	11 min R	12 min R	13 min R	14 min R
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
	1 min rask gang V	1 min rask gang V	1 min rask gang V	1 min rask gang V
	10 min M	12 min M	13 min M	14 min M
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
2. Dag (Torsdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	12 min R	13 min R	14 min R	15 min R
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
	1 min rask gang V	1 min rask gang V	1 min rask gang V	1 min rask gang V
	11 min M	13 min M	14 min M	15 min M
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
3. Dag (Lørdag)	2 min rask gang	2 min rask gang	2 min rask gang	35 min
	13 min R	15 min R	16 min R	
	11 min V R	13 min V R	14 min V R	
	5 min rask gang	5 min rask gang	5 min rask gang	