



## Løbeprogram, 3 gange om ugen

Uge	Træning 1	Træning 2	Træning 3	Under VT1	Over VT1
1	20-30' gåtur, rask tempo	20-30' gåtur, rask tempo	60' gåtur, rask tempo	100%	0%
2	10' rask gang, 5' B, 5 x 1' D p=2' gang	20-30' gåtur, rask tempo	60' gåtur, rask tempo	96%	4%
3	10' rask gang, 5' B, 5 x 1' D p=2' gang	20-30' A	60' A	96%	4%
4	10' A, 5' B, 5 x 2' D p=2' gang	20-30' A	60' A	92%	8%
5	10' A, 5' B, 5 x 2' D p=2' gang	20-30' A	60' A	92%	8%
6	10' A, 5' B, 5 x 2' D p=2' gang	10' AB, 15 x (30" D p=15")	80' A	87%	13%
7	10' A, 5' B, 8 x 2' D p=2' gang	10' AB, 15 x (30" D p=15")	80' A	82%	18%
8	10' A, 5' B, 8 x 2' D p=2' gang	10' AB, 20 x (30" D p=15"), 5' AB	80' A	80%	20%
9	10' A, 5' B, 8 x 2' D p=2' gang	10' AB, 20 x (30" D p=15"), 5' AB	80' A	80%	20%
10	10' A, 5' B, 8 x 2' D p=2' gang	10' AB, 20 x (30" D p=15"), 5' AB	80' A	80%	20%
11	10' A, 5' B, 8 x 2' D p=2' gang	10' AB, 20 x (30" D p=15"), 5' AB	30' A, 30' B, 20' A	80%	20%
12	10' A, 5' B, 8 x 2' D p=2' gang	10' AB, 20 x (30" D p=15"), 5' AB	30' A, 30' B, 20' A	80%	20%