

Løbeprogram: 1 - 30 min. 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 løbes 10 - 20 - 30 på stadion

	Uge 1.	Uge 2.	Uge 3.	Uge 4.
1. 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	4 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	2 min J	3 min J
	1 min J	1 min J	1 min rask gang	1 min rask gang
	3 min rask gang	2 min rask gang		
	15 min total	14 min total	14 min total	14 min total
2. Dag (Lørdag)	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	4 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	3 min J	1 min rask gang V
	1 min J	1 min J	1 min rask gang	4 min J
	3 min rask gang	2 min rask gang		2 min rask gang
	15 min total	14 min total	15 min total	15 min total
3. Dag (Tirsdag)	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	4 min J
	4 min rask gang V	4 min rask gang V	1 min rask gang	1 min rask gang
	1 min J	2 min J	2 min rask gang V	1 min rask gang V
	2 min rask gang	1 min rask gang	3 min J	4 min J
			1 min rask gang	3 min rask gang
	14 min total	14 min total	13 min total	16 min total

	Uge 5.	Uge 6.	Uge 7.	Uge 8.
1. Dag (Torsdag)	3 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	5 min J	6 min J	7 min R	8 min R
	3 min rask gang V	2 min rask gang V	2 min rask gang V	2 min rask gang V
	4 min J	5 min J	6 min R	7 min R
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
		16 min total	16 min total	18 min total
2. Dag (Lørdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	6 min J	7 min J	8 min R	9 min R
	2 min rask gang V	2 min rask gang V	2 min rask gang V	2 min rask gang V
	5 min J	6 min J	7 min R	8 min R
	1 min rask gang	1 min rask gang	1 min rask gang	1 min rask gang
		16 min total	18 min total	20 min total
3. Dag (Tirsdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	6 min J	7 min J	8 min R	9 min R
	4 min V J	5 min V J	6 min V R	7 min V R
	5 min rask gang	5 min rask gang	5 min rask gang	5 min rask gang
		17 min total	19 min total	21 min total

	Uge 9.	Uge 10.	Uge 11.	Uge 12.
1. Dag (Torsdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	9 min R	10 min R	11 min R	12 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
	8 min M	9 min M	10 min M	11 min M
		22 min total	24 min total	26 min total
2. Dag (Lørdag)	2 min rask gang	2 min rask gang	2 min rask gang	2 min rask gang
	10 min R	11 min R	12 min R	13 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
	9 min M	10 min M	11 min M	12 min M
		24 min total	26 min total	28 min total
3. Dag (Tirsdag)	2 min rask gang	2 min rask gang	2 min rask gang	30 min
	11 min R	13 min R	14 min R	
	9 min V R	10 min V R	11 min V R	
	5 min rask gang	5 min rask gang	5 min rask gang	
		27 min total	30 min total	32 min total