

START TO WALK 10 KM

	dag	training	opmerkingen
week 1	1		
	2	20 min	😊 😐 😞
	3		
	4	20 min	😊 😐 😞
	5		
	6	30 min	😊 😐 😞
	7		

	dag	training	opmerkingen
week 6	1		
	2	60 min	😊 😐 😞
	3		
	4	45 min	😊 😐 😞
	5		
	6	6 km	😊 😐 😞
	7		

week 2	1		
	2	30 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	45 min	😊 😐 😞
	7		

week 7	1		
	2	60 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	7 km	😊 😐 😞
	7		

week 3	1		
	2	45 min	😊 😐 😞
	3		
	4	30 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		

week 8	1		
	2	75 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	8 km	😊 😐 😞
	7		

week 4	1		
	2	45 min	😊 😐 😞
	3		
	4	45 min	😊 😐 😞
	5		
	6	50 min	😊 😐 😞
	7		

week 9	1		
	2	60 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	10 km	😊 😐 😞
	7		

week 5	1		
	2	50 min	😊 😐 😞
	3		
	4	45 min	😊 😐 😞
	5		
	6	5 km	😊 😐 😞
	7		

week 10	1		
	2	60 min	😊 😐 😞
	3		
	4	60 min	😊 😐 😞
	5		
	6	10 km	😊 😐 😞
	7		