

**Schema “Opstap naar de Zevenheuvelenloop” Gevorderden**

| Week | Interval minuten                             | Tempo duurloop (Minuten) | Rustige duurloop (Minuten) |
|------|--|--------------------------|----------------------------|
| 1    | 1-2-3-2-1                                    | 30 + 6 versnellingen     | 45                         |
| 2    | 7x2  | 30                       | 50                         |
| 3    | 5x(20s-30s-20s)                              | 20 + 8 versnellingen     | 55                         |
| 4    | 8-4-8 3x1 3x1                                | 35                       | 60                         |
| 5    | 10x30sec 10x20sec                            | 30                       | 65                         |
| 6    | 10m-10m-10m steeds sneller                   | 20 + 8 versnellingen     | 70                         |
| 7    | 10x30sec 10x45sec                            | 35                       | 65                         |
| 8    | 2 x(1-2-3-2-1) of Testloop (Zomer of Winter) | 35                       | 65                         |
| 9    | 5x(20s-40s-20s) 3x1                          | 20 +10 versnellingen     | 70                         |
| 10   | 1-2-3-3-2-1                                  | 20                       | 75                         |
| 11   | 10x30sec 10x35sec                            | 35                       | 65                         |
| 12   | Zondag testloop (Herfst of Lente)            | Uitlopen                 | 70                         |