



Week: 41 Rustoefening: Omgekeerd lopen

## **Uithoudingsvermogen**

*Begin rechts in baan*

1 b running Z3

1 b langlauf

1 b running Z3

**High** 1 b running Z4 **Low** 1 b langlauf

**30 sec rust**

2 b oefening of running Z3

**30 sec rust**

1 b running Z3

1 b langlauf

1 b running Z3

**High** 1 b running Z4 **Low** 1 b langlauf

**1.30 min rust en begin links in baan herhaal tot  
einde training**

AQUARUNNING  
FIT JOURNEY