

## Trainingschema Relaxengezond

	Ma		Di		Wo		Do		Vr		Za		Zo	
	Lopen (min)	Wandelen (min)	"Rust"	"Rust"	Lopen (min)	Wandelen (min)	"Rust"	"Rust"	Lopen (min)	Wandelen (min)	"Rust"	"Rust"	"Rust"	"Rust"
Week 1	1	2			1	2			1	2				
Week 2	2	1			2	1			2	1				
Week 3	3	1			3	1			3	1				
Week 4	5	1			5	1			5	1				
Week 5	7	1			7	1			7	1				
Week 6	9	1			9	1			9	1				
Week 7	12	1			12	1			12	1				
Week 8	15	1			15	1			15	1				
Week 9	18	1			18	1			18	1				
Week 10	21	1			21	1			21	1				
Week 11	25	1			25	1			25	1				
Week 12	30	1			30	1			30	1				

