

# Hold 5

10 km race day:

Søndag

23-04-2017

10 km 62 - 72 min

10:00 min 05:20 /km

11,25 km/t

1,875 km

01:00:00 time 06:30 /km

9,23 km/t

9,231 km

## Tempo

An4	05:22	-	
An3	05:38	-	05:24
An2	06:04	-	05:39
An1	06:20	-	06:05
AT	06:40	-	06:20
Ae3	07:00	-	06:30
Ae2	07:30	-	07:00
Ae1	08:00	-	07:45
Rest	08:20	-	08:00

## Estimeret konkurrence tider

3km	05:20	16:00
5km	05:30	27:30
10km	06:00	01:00:00
AT	06:30	02:17:08
MT	07:00	04:55:22



**Grundtræning 10 km****Uge 1**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>01-11-2016</b>	<b>S. 126</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	3 x leg speed: 100 m sprint - 90%				0,300		0,300
02:00	3 x Pro Agility: 40 m sprint - vendinger				0,120		0,120
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:01:00</b>				<b>gns</b>	<b>07:59</b>	<b>07:59</b>	<b>7,640</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>03-11-2016</b>	<b>S. 126</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
<b>00:52:00</b>				<b>gns</b>	<b>07:41</b>	<b>07:41</b>	<b>6,769</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 126</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:10:00</b>				<b>gns</b>	<b>07:54</b>	<b>07:54</b>	<b>8,862</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 40 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 2

**Grundtræning 10 km****Uge 2**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>08-11-2016</b>	<b>S. 127</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	4 x leg speed: 100 m sprint - 90%				0,400		0,400
02:00	3 x Cross drills: 8x15 m sprint, vendinger				0,360		0,360
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:01:00</b>				<b>gns</b>	<b>07:39</b>	<b>07:39</b>	<b>7,980</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>10-11-2016</b>	<b>S. 127</b>	<b>D. 6</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
02:00	5 x styrkeløb 60 m bakkespurt + jog				0,300		0,300
05:00	AT-An1	06:40	- 06:05 =	06:22	0,784	00:00	0,784
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT-An1	06:40	- 06:05 =	06:22	0,784	00:00	0,784
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>00:57:00</b>				<b>gns</b>	<b>07:41</b>	<b>07:41</b>	<b>7,417</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 127</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:15:00</b>				<b>gns</b>	<b>07:51</b>	<b>07:51</b>	<b>9,552</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 45 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 1

**Grundtræning 10 km****Uge 3**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>15-11-2016</b>	<b>S. 128</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
03:00	6 x leg speed: 100 m sprint - 90%				0,600		0,600
02:00	3 x Hollow sprint: 30/30 m sprint/jog				0,720		0,720
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:02:00</b>				<b>gns</b>	<b>07:16</b>	<b>07:16</b>	<b>8,540</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>17-11-2016</b>	<b>S. 128</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
<b>00:52:00</b>				<b>gns</b>	<b>07:41</b>	<b>07:41</b>	<b>6,769</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 128</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:20:00</b>				<b>gns</b>	<b>07:54</b>	<b>07:54</b>	<b>10,132</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 2

**Grundtræning 10 km****Uge 4**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>22-11-2016</b>	<b>S. 129</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
04:00	8 x leg speed: 100 m sprint - 90%				0,800		0,800
02:00	3 x Pyramide: 250 m sprint, jog				0,750		0,750
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:03:00</b>				<b>gns</b>	<b>07:11</b>	<b>07:11</b>	<b>8,770</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>24-11-2016</b>	<b>S. 129</b>	<b>D. 6</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
02:00	8 x styrkeløb 60 m bakkespurt + jog				0,480		0,480
05:00	AT-An1	06:40	- 06:05 =	06:22	0,784	00:00	0,784
04:00	jog	08:20	- 08:00 =	08:10	0,490	00:00	0,490
05:00	AT-An1	06:40	- 06:05 =	06:22	0,784	00:00	0,784
04:00	jog	08:20	- 08:00 =	08:10	0,490	00:00	0,490
05:00	AT-An1	06:40	- 06:05 =	06:22	0,784	00:00	0,784
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:05:00</b>				<b>gns</b>	<b>07:26</b>	<b>07:26</b>	<b>8,749</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 129</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:30:00</b>				<b>gns</b>	<b>07:52</b>	<b>07:52</b>	<b>11,434</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 3

**Grundtræning 10 km****Uge 5**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>29-11-2016</b>	<b>S. 130</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
03:00	4 x leg speed: 100 m sprint - 90%				0,400		0,400
02:00	4 x Pro Agility: 40 m sprint - vendinger				0,160		0,160
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:02:00</b>				<b>gns</b>	<b>07:58</b>	<b>07:58</b>	<b>7,780</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>01-12-2016</b>	<b>S. 130</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
<b>00:52:00</b>				<b>gns</b>	<b>07:41</b>	<b>07:41</b>	<b>6,769</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 130</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:15:00</b>				<b>gns</b>	<b>07:51</b>	<b>07:51</b>	<b>9,552</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 40 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 4

**Grundtræning 10 km****Uge 6**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>06-12-2016</b>	<b>S. 131</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
03:00	5 x leg speed: 100 m sprint - 90%				0,500		0,500
03:00	4 x Cross drills: 8x15 m sprint, vendinger				0,480		0,480
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:03:00</b>				<b>gns</b>	<b>07:41</b>	<b>07:41</b>	<b>8,200</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>08-12-2016</b>	<b>S. 131</b>	<b>D. 6</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
02:00	6 x styrkeløb 60 m bakkespurt + jog				0,360		0,360
	3 x 10 min Ae2-3, intervalpause 5 min jog						
30:00	Ae2-3	07:30	- 06:30 =	07:00	4,286	00:00	4,286
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
<b>01:02:00</b>				<b>gns</b>	<b>07:26</b>	<b>07:26</b>	<b>8,338</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 131</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
15:00	Ae2	07:30	- 07:00 =	07:15	2,069	00:00	2,069
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:20:00</b>				<b>gns</b>	<b>07:49</b>	<b>07:49</b>	<b>10,242</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 45 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 5

**Grundtræning 10 km****Uge 7**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>13-12-2016</b>	<b>S. 132</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
04:00	7 x leg speed: 100 m sprint - 90%				0,700		0,700
02:00	4 x Hollow sprint: 30/30 m sprint/jog				0,960		0,960
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:03:00</b>				<b>gns</b>	<b>07:06</b>	<b>07:06</b>	<b>8,880</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>15-12-2016</b>	<b>S. 132</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
15:00	Ae2-3	07:30	- 06:30 =	07:00	2,143	00:00	2,143
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
15:00	Ae2-3	07:30	- 06:30 =	07:00	2,143	00:00	2,143
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
<b>01:02:00</b>				<b>gns</b>	<b>07:34</b>	<b>07:34</b>	<b>8,197</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 132</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:30:00</b>				<b>gns</b>	<b>07:52</b>	<b>07:52</b>	<b>11,434</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 6



**Grundtræning 10 km****Uge 8**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>20-12-2016</b>	<b>S. 133</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
03:00	8 x leg speed: 100 m sprint - 90%				0,800		0,800
03:00	4 x Pyramide: 250 m sprint, jog				1,000		1,000
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
05:00	AT	06:40	- 06:20 =	06:30	0,769	00:00	0,769
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:03:00</b>				<b>gns</b>	<b>06:59</b>	<b>06:59</b>	<b>9,020</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>22-12-2016</b>	<b>S. 133</b>	<b>D. 6</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
04:00	8 x styrkeløb 60 m bakkespurt + jog				0,480		0,480
20:00	Ae2-3	07:30	- 06:30 =	07:00	2,857	00:00	2,857
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
20:00	Ae2-3	07:30	- 06:30 =	07:00	2,857	00:00	2,857
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
<b>01:24:00</b>				<b>gns</b>	<b>07:32</b>	<b>07:32</b>	<b>11,149</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 133</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
25:00	Ae1	08:00	- 07:45 =	07:52	3,175	00:00	3,175
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
<b>01:40:00</b>				<b>gns</b>	<b>07:50</b>	<b>07:50</b>	<b>12,759</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 7

**Grundtræning 10 km****Uge 9**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>27-12-2016</b>	<b>S. 134</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
04:00	Ae2-3	07:30	- 06:30 =	07:00	0,571	00:00	0,571
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	4 x leg speed: 100 m sprint - 90%				0,400		0,400
01:00	4 x Pro Agility: 40 m sprint - vendinger				0,160		0,160
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
	3 x 3 min AT, intervalpause 1½ min jog						
09:00	AT	06:40	- 06:20 =	06:30	1,385	00:00	1,385
03:00	jog	08:20	- 08:00 =	08:10	0,367	00:00	0,367
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:06:00</b>				<b>gns</b>	<b>07:41</b>	<b>8,594</b>	<b>07:41 8,594</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>29-12-2016</b>	<b>S. 134</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
10:00	Ae2-3	07:30	- 06:30 =	07:00	1,429	00:00	1,429
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
<b>00:52:00</b>				<b>gns</b>	<b>07:41</b>	<b>6,769</b>	<b>07:41 6,769</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 134</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:15:00</b>				<b>gns</b>	<b>07:51</b>	<b>9,552</b>	<b>07:51 9,552</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 40 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 8

**Grundtræning 10 km****Uge 10**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>03-01-2017</b>	<b>S. 135</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
04:00	Ae2-3	07:30	- 06:30 =	07:00	0,571	00:00	0,571
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	5 x leg speed: 100 m sprint - 90%				0,500		0,500
02:00	4 x Cross drills: 8x15 m sprint, vendinger				0,480		0,480
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
	4 x 3 min AT, intervalpause 1½ min jog						
12:00	AT	06:40	- 06:20 =	06:30	1,846	00:00	1,846
04:30	jog	08:20	- 08:00 =	08:10	0,551	00:00	0,551
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:11:30</b>				<b>gns</b>	<b>07:24</b>	<b>07:24</b>	<b>9,659</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>05-01-2017</b>	<b>S. 135</b>	<b>D. 6</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
03:00	6 x styrkeløb 60 m bakkespurt + jog				0,360		0,360
	4 x 3 min AT-An1, intervalpause 3 min jog						
12:00	AT-An1	06:40	- 06:05 =	06:22	1,882	00:00	1,882
09:00	jog	08:20	- 08:00 =	08:10	1,102	00:00	1,102
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:04:00</b>				<b>gns</b>	<b>07:44</b>	<b>07:44</b>	<b>8,280</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 135</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
15:00	Ae2	07:30	- 07:00 =	07:15	2,069	00:00	2,069
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00	- 07:45 =	07:52	1,905	00:00	1,905
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:20:00</b>				<b>gns</b>	<b>07:49</b>	<b>07:49</b>	<b>10,242</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 45 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 9

**Grundtræning 10 km****Uge 11**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>10-01-2017</b>	<b>S. 136</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
04:00	Ae2-3	07:30	- 06:30 =	07:00	0,571	00:00	0,571
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
04:00	7 x leg speed: 100 m sprint - 90%				0,700		0,700
01:00	4 x Hollow sprint: 30/30 m sprint/jog				0,960		0,960
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
	5 x 3 min AT, intervalpause 1½ min jog						
15:00	AT	06:40	- 06:20 =	06:30	2,308	00:00	2,308
06:00	jog	08:20	- 08:00 =	08:10	0,735	00:00	0,735
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:17:00</b>				<b>gns</b>	<b>07:01</b>	<b>07:01</b>	<b>10,984</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>12-01-2017</b>	<b>S. 136</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
15:00	Ae2-3	07:30	- 06:30 =	07:00	2,143	00:00	2,143
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
15:00	Ae2-3	07:30	- 06:30 =	07:00	2,143	00:00	2,143
10:00	jog-Ae1	08:20	- 07:45 =	08:03	1,244	00:00	1,244
<b>01:02:00</b>				<b>gns</b>	<b>07:34</b>	<b>07:34</b>	<b>8,197</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 136</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
05:00	Ae2	07:30	- 07:00 =	07:15	0,690	00:00	0,690
<b>01:30:00</b>				<b>gns</b>	<b>07:52</b>	<b>07:52</b>	<b>11,434</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 10

**Grundtræning 10 km****Uge 12**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>17-01-2017</b>	<b>S. 137</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
05:00	Ae3	07:00	- 06:30 =	06:45	0,741	00:00	0,741
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	8 x leg speed: 100 m sprint - 90%				0,800		0,800
02:00	4 x Pyramide: 250 m sprint, jog				1,000		1,000
	6 x 3 min AT, intervalpause 1½ min jog						
18:00	AT	06:40	- 06:20 =	06:30	2,769	00:00	2,769
07:30	jog	08:20	- 08:00 =	08:10	0,918	00:00	0,918
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:16:30</b>				<b>gns</b>	<b>06:45</b>	<b>06:45</b>	<b>11,326</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>19-01-2017</b>	<b>S. 137</b>	<b>D. 6</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
03:00	8 x styrkeløb 60 m bakkespurt + jog				0,480		0,480
	5 x 4 min AT-An1, intervalpause 4 min jog						
20:00	AT-An1	06:40	- 06:05 =	06:22	3,137	00:00	3,137
16:00	jog	08:20	- 08:00 =	08:10	1,959	00:00	1,959
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
<b>01:19:00</b>				<b>gns</b>	<b>07:31</b>	<b>07:31</b>	<b>10,512</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 137</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
25:00	Ae1	08:00	- 07:45 =	07:52	3,175	00:00	3,175
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
<b>01:40:00</b>				<b>gns</b>	<b>07:50</b>	<b>07:50</b>	<b>12,759</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 11

**Specifik træning 10 km**

**Uge 1**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>24-01-2017</b>	<b>S. 166</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20 -	08:00 =	08:10	2,449	00:00	2,449
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
	3 x 1500 m AT (sidste 500 m An1), intervalpause 600 m jog						
19:30	AT	06:40 -	06:20 =	06:30	3,000	00:00	3,000
09:19	An1	06:20 -	06:05 =	06:12	1,500	00:00	1,500
09:48	jog	08:20 -	08:00 =	08:10	1,200	00:00	1,200
20:00	jog	08:20 -	08:00 =	08:10	2,449	00:00	2,449
<b>01:22:37</b>				<b>gns</b>	<b>07:27</b>	<b>07:27</b>	<b>11,098</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>26-01-2017</b>	<b>S. 166</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
10:00	Ae3	07:00 -	06:30 =	06:45	1,481	00:00	1,481
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
<b>00:50:00</b>				<b>gns</b>	<b>07:45</b>	<b>07:45</b>	<b>6,456</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 166</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog	08:20 -	08:00 =	08:10	1,224	00:00	1,224
10:00	Ae1	08:00 -	07:45 =	07:52	1,270	00:00	1,270
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
05:00	jog	08:20 -	08:00 =	08:10	0,612	00:00	0,612
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:00:00</b>				<b>gns</b>	<b>07:47</b>	<b>07:47</b>	<b>7,702</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 2

**Specifik træning 10 km**

**Uge 2**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>31-01-2017</b>	<b>S. 167</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser:		Fodledsjog - stigeløb		0,200		0,200
02:00	3 x Cruise & Sprint:		100 m sprint - 100%		0,300		0,300
4 x 1500 m AT (sidste 500 m An1), intervalpause 600 m jog							
26:00	AT	06:40 -	06:20 =	06:30	4,000	00:00	4,000
12:25	An1	06:20 -	06:05 =	06:12	2,000	00:00	2,000
14:42	jog	08:20 -	08:00 =	08:10	1,800	00:00	1,800
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:27:07</b>				<b>gns</b>	<b>07:17</b>	<b>07:17</b>	<b>11,973</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>02-02-2017</b>	<b>S. 167</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
15:00	Ae3	07:00 -	06:30 =	06:45	2,222	00:00	2,222
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
<b>00:55:00</b>				<b>gns</b>	<b>07:39</b>	<b>07:39</b>	<b>7,196</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 167</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog	08:20 -	08:00 =	08:10	1,224	00:00	1,224
10:00	Ae1	08:00 -	07:45 =	07:52	1,270	00:00	1,270
15:00	Ae2	07:30 -	07:00 =	07:15	2,069	00:00	2,069
05:00	jog	08:20 -	08:00 =	08:10	0,612	00:00	0,612
15:00	Ae2	07:30 -	07:00 =	07:15	2,069	00:00	2,069
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:10:00</b>				<b>gns</b>	<b>07:42</b>	<b>07:42</b>	<b>9,081</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 1

**Specifik træning 10 km**

**Uge 3**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>07-02-2017</b>	<b>S. 168</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser:		Fodledsjog - stigeløb		0,200		0,200
02:00	3 x Cruise & Sprint:		100 m sprint - 100%		0,300		0,300
	5 x 1200 m AT (sidste 600 m An1), intervalpause 600 m jog						
19:30	AT	06:40 -	06:20 =	06:30	3,000	00:00	3,000
18:37	An1	06:20 -	06:05 =	06:12	3,000	00:00	3,000
19:36	jog	08:20 -	08:00 =	08:10	2,400	00:00	2,400
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:31:44</b>				<b>gns</b>	<b>07:18</b>	<b>12,573</b>	<b>07:18 12,573</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>09-02-2017</b>	<b>S. 168</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
20:00	Ae3	07:00 -	06:30 =	06:45	2,963	00:00	2,963
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
<b>01:00:00</b>				<b>gns</b>	<b>07:34</b>	<b>7,937</b>	<b>07:34 7,937</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 168</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog	08:20 -	08:00 =	08:10	1,224	00:00	1,224
10:00	Ae1	08:00 -	07:45 =	07:52	1,270	00:00	1,270
20:00	Ae2	07:30 -	07:00 =	07:15	2,759	00:00	2,759
05:00	jog	08:20 -	08:00 =	08:10	0,612	00:00	0,612
15:00	Ae2	07:30 -	07:00 =	07:15	2,069	00:00	2,069
20:00	jog	08:20 -	08:00 =	08:10	2,449	00:00	2,449
<b>01:20:00</b>				<b>gns</b>	<b>07:42</b>	<b>10,383</b>	<b>07:42 10,383</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 2



**Specifik træning 10 km**

**Uge 4**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>14-02-2017</b>	<b>S. 169</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
	6 x 800 m An1, intervalpause 200 m jog						
29:48	An1	06:20 -	06:05 =	06:12	4,800	00:00	4,800
08:10	jog	08:20 -	08:00 =	08:10	1,000	00:00	1,000
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:11:58</b>			<b>gns</b>	<b>07:13</b>	<b>9,973</b>	<b>07:13</b>	<b>9,973</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>16-02-2017</b>	<b>S. 169</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
10:00	Ae3	07:00 -	06:30 =	06:45	1,481	00:00	1,481
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
<b>00:50:00</b>			<b>gns</b>	<b>07:45</b>	<b>6,456</b>	<b>07:45</b>	<b>6,456</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 169</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
15:00	Ae1	08:00 -	07:45 =	07:52	1,905	00:00	1,905
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
05:00	jog	08:20 -	08:00 =	08:10	0,612	00:00	0,612
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:10:00</b>			<b>gns</b>	<b>07:49</b>	<b>8,949</b>	<b>07:49</b>	<b>8,949</b>

<b>Øvrige træningsdage:</b>				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
40:00	jog-Ae1	08:20 -	07:45 =	08:03	4,974	00:00	4,974

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 3

**Specifik træning 10 km**

**Uge 5**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>21-02-2017</b>	<b>S. 170</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 - 08:00 =		08:10	1,837	00:00	1,837
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
	8 x 800 m An1, intervalpause 200 m jog						
39:44	An1	06:20 - 06:05 =		06:12	6,400	00:00	6,400
11:26	jog	08:20 - 08:00 =		08:10	1,400	00:00	1,400
15:00	jog	08:20 - 08:00 =		08:10	1,837	00:00	1,837
<b>01:25:10</b>			<b>gns</b>	<b>07:07</b>	<b>11,973</b>	<b>07:07</b>	<b>11,973</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>23-02-2017</b>	<b>S. 170</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20 - 07:45 =		08:03	2,487	00:00	2,487
15:00	Ae3	07:00 - 06:30 =		06:45	2,222	00:00	2,222
20:00	jog-Ae1	08:20 - 07:45 =		08:03	2,487	00:00	2,487
<b>00:55:00</b>			<b>gns</b>	<b>07:39</b>	<b>7,196</b>	<b>07:39</b>	<b>7,196</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 170</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 - 08:00 =		08:10	1,837	00:00	1,837
20:00	Ae1	08:00 - 07:45 =		07:52	2,540	00:00	2,540
10:00	Ae2	07:30 - 07:00 =		07:15	1,379	00:00	1,379
05:00	jog	08:20 - 08:00 =		08:10	0,612	00:00	0,612
10:00	Ae2	07:30 - 07:00 =		07:15	1,379	00:00	1,379
20:00	jog	08:20 - 08:00 =		08:10	2,449	00:00	2,449
<b>01:20:00</b>			<b>gns</b>	<b>07:51</b>	<b>10,196</b>	<b>07:51</b>	<b>10,196</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
40:00	jog-Ae1	08:20 - 07:45 =		08:03	4,974	00:00	4,974

**Onsdag:** 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 - 07:45 =		08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 4

**Specifik træning 10 km**

**Uge 6**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>28-02-2017</b>	<b>S. 171</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
04:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
	10 x 600 m An1, intervalpause 400 m jog						
37:15	An1	06:20	- 06:05 =	06:12	6,000	00:00	6,000
29:24	jog	08:20	- 08:00 =	08:10	3,600	00:00	3,600
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
01:42:39	gns			07:27	13,773	07:27	13,773

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>02-03-2017</b>	<b>S. 171</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
20:00	Ae3	07:00	- 06:30 =	06:45	2,963	00:00	2,963
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
01:00:00	gns			07:34	7,937	07:34	7,937

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 171</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
25:00	Ae1	08:00	- 07:45 =	07:52	3,175	00:00	3,175
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
01:30:00	gns			07:52	11,443	07:52	11,443

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
40:00	jog-Ae1	08:20	- 07:45 =	08:03	4,974	00:00	4,974

**Onsdag:** 70 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 5

**Specifik træning 10 km**

**Uge 7**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>07-03-2017</b>	<b>S. 172</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
	4 x 1500 m AT (sidste 500 m An1), intervalpause 600 m jog						
26:00	AT	06:40	- 06:20 =	06:30	4,000	00:00	4,000
12:25	An1	06:20	- 06:05 =	06:12	2,000	00:00	2,000
14:42	jog	08:20	- 08:00 =	08:10	1,800	00:00	1,800
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
<b>01:27:07</b>				<b>gns</b>	<b>07:17</b>	<b>07:17</b>	<b>11,973</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>09-03-2017</b>	<b>S. 172</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
15:00	Ae3	07:00	- 06:30 =	06:45	2,222	00:00	2,222
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
<b>00:55:00</b>				<b>gns</b>	<b>07:39</b>	<b>07:39</b>	<b>7,196</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 172</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog	08:20	- 08:00 =	08:10	1,224	00:00	1,224
10:00	Ae1	08:00	- 07:45 =	07:52	1,270	00:00	1,270
15:00	Ae2	07:30	- 07:00 =	07:15	2,069	00:00	2,069
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
15:00	Ae2	07:30	- 07:00 =	07:15	2,069	00:00	2,069
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
<b>01:10:00</b>				<b>gns</b>	<b>07:42</b>	<b>07:42</b>	<b>9,081</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Onsdag:** 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 6

**Specifik træning 10 km**

**Uge 8**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>14-03-2017</b>	<b>S. 173</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
04:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
6 x 1000 m An1, intervalpause 400 m jog							
37:15	An1	06:20 -	06:05 =	06:12	6,000	00:00	6,000
16:20	jog	08:20 -	08:00 =	08:10	2,000	00:00	2,000
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:29:35</b>				<b>gns</b>	<b>07:22</b>	<b>07:22</b>	<b>12,173</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>16-03-2017</b>	<b>S. 173</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
15:00	Ae3	07:00 -	06:30 =	06:45	2,222	00:00	2,222
20:00	jog-Ae1	08:20 -	07:45 =	08:03	2,487	00:00	2,487
<b>00:55:00</b>				<b>gns</b>	<b>07:39</b>	<b>07:39</b>	<b>7,196</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 173</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
20:00	Ae1	08:00 -	07:45 =	07:52	2,540	00:00	2,540
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
05:00	jog	08:20 -	08:00 =	08:10	0,612	00:00	0,612
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
20:00	jog	08:20 -	08:00 =	08:10	2,449	00:00	2,449
<b>01:20:00</b>				<b>gns</b>	<b>07:51</b>	<b>07:51</b>	<b>10,196</b>

<b>Øvrige træningsdage:</b>				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
40:00	jog-Ae1	08:20 -	07:45 =	08:03	4,974	00:00	4,974

**Onsdag:** 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 7

**Specifik træning 10 km**

**Uge 9**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>21-03-2017</b>	<b>S. 174</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
	6 x 1200 m An1 (sidste 400 m An2), intervalpause 400 m jog						
26:12	An1	05:35	- 05:20 =	05:28	4,800	00:00	4,800
12:29	An2	05:19	- 05:05 =	05:12	2,400	00:00	2,400
16:20	jog	08:20	- 08:00 =	08:10	2,000	00:00	2,000
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
<b>01:29:01</b>				<b>gns</b>	<b>06:39</b>	<b>06:39</b>	<b>13,373</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>23-03-2017</b>	<b>S. 174</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
20:00	Ae3	07:00	- 06:30 =	06:45	2,963	00:00	2,963
20:00	jog-Ae1	08:20	- 07:45 =	08:03	2,487	00:00	2,487
<b>01:00:00</b>				<b>gns</b>	<b>07:34</b>	<b>07:34</b>	<b>7,937</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 174</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20	- 08:00 =	08:10	2,449	00:00	2,449
20:00	Ae1	08:00	- 07:45 =	07:52	2,540	00:00	2,540
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
05:00	jog	08:20	- 08:00 =	08:10	0,612	00:00	0,612
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
25:00	jog	08:20	- 08:00 =	08:10	3,061	00:00	3,061
<b>01:30:00</b>				<b>gns</b>	<b>07:53</b>	<b>07:53</b>	<b>11,421</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
40:00	jog-Ae1	08:20	- 07:45 =	08:03	4,974	00:00	4,974

**Onsdag:** 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Fredag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 8

**Specifik træning 10 km**

**Uge 10**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>28-03-2017</b>	<b>S. 175</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
20:00	jog	08:20 -	08:00 =	08:10	2,449	00:00	2,449
02:00	Teknikøvelser:		Fodledsjog - stigeløb		0,200		0,200
04:00	3 x Cruise & Sprint:		100 m sprint - 100%		0,300		0,300
02:00	2 x Hollow sprint:		30/30 m sprint/jog		0,480		0,480
	3 x 1000 m An3, intervalpause 5 min stå/gå						
16:33	An3	05:38 -	05:24 =	05:31	3,000	00:00	3,000
10:00	Intervalpause		Stå eller gå		0,000		0,000
20:00	jog	08:20 -	08:00 =	08:10	2,449	00:00	2,449
<b>01:14:33</b>			<b>gns</b>	<b>08:24</b>	<b>8,878</b>	<b>08:24</b>	<b>8,878</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>30-03-2017</b>	<b>S. 175</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog-Ae1	08:20 -	07:45 =	08:03	1,865	00:00	1,865
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
10:00	AT	06:40 -	06:20 =	06:30	1,538	00:00	1,538
15:00	jog-Ae1	08:20 -	07:45 =	08:03	1,865	00:00	1,865
<b>00:50:00</b>			<b>gns</b>	<b>07:31</b>	<b>6,648</b>	<b>07:31</b>	<b>6,648</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 175</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog	08:20 -	08:00 =	08:10	1,224	00:00	1,224
10:00	Ae1	08:00 -	07:45 =	07:52	1,270	00:00	1,270
20:00	Ae2	07:30 -	07:00 =	07:15	2,759	00:00	2,759
10:00	jog	08:20 -	08:00 =	08:10	1,224	00:00	1,224
<b>00:50:00</b>			<b>gns</b>	<b>07:43</b>	<b>6,477</b>	<b>07:43</b>	<b>6,477</b>

<b>Øvrige træningsdage:</b>				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731
<b>Onsdag:</b>					<b>km</b>		<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731
<b>Fredag:</b>					<b>km</b>		<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 9

**Specifik træning 10 km**

**Uge 11**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>04-04-2017</b>	<b>S. 176</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser: Fodledsjog - stigeløb				0,200		0,200
02:00	3 x Cruise & Sprint: 100 m sprint - 100%				0,300		0,300
02:00	2 x Hollow sprint: 30/30 m sprint/jog				0,480		0,480
	4 x 800 m An3, intervalpause 3 min stå/gå						
17:39	An3	05:38	- 05:24 =	05:31	3,200	00:00	3,200
09:00	Intervalpause Stå eller gå				0,000		0,000
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
<b>01:02:39</b>			<b>gns</b>	<b>07:59</b>	<b>7,853</b>	<b>07:59</b>	<b>7,853</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>06-04-2017</b>	<b>S. 176</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog-Ae1	08:20	- 07:45 =	08:03	1,865	00:00	1,865
10:00	Ae2	07:30	- 07:00 =	07:15	1,379	00:00	1,379
10:00	AT	06:40	- 06:20 =	06:30	1,538	00:00	1,538
15:00	jog-Ae1	08:20	- 07:45 =	08:03	1,865	00:00	1,865
<b>00:50:00</b>			<b>gns</b>	<b>07:31</b>	<b>6,648</b>	<b>07:31</b>	<b>6,648</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Lang tur:</b>		<b>S. 176</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
10:00	Ae1	08:00	- 07:45 =	07:52	1,270	00:00	1,270
20:00	Ae2	07:30	- 07:00 =	07:15	2,759	00:00	2,759
15:00	jog	08:20	- 08:00 =	08:10	1,837	00:00	1,837
<b>01:00:00</b>			<b>gns</b>	<b>07:47</b>	<b>7,702</b>	<b>07:47</b>	<b>7,702</b>

**Øvrige træningsdage:**

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Mandag:</b>				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731
<b>Onsdag:</b>					<b>km</b>		<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731
<b>Fredag:</b>					<b>km</b>		<b>km</b>
30:00	jog-Ae1	08:20	- 07:45 =	08:03	3,731	00:00	3,731

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 10



**Specifik træning 10 km**

**Uge 12**

Hold 5

10 km 62 - 72 min

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Tirsdag:</b>	<b>11-04-2017</b>	<b>S. 177</b>	<b>D. 2</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
02:00	Teknikøvelser:		Fodledsjog - stigeløb		0,200		0,200
02:00	3 x Cruise & Sprint:		100 m sprint - 100%		0,300		0,300
02:00	2 x Hollow sprint:		30/30 m sprint/jog		0,480		0,480
5 x 600 m An4, intervalpause 3-4 min stå/gå							
16:06	An4	05:22 -	=	05:22	3,000	00:00	3,000
16:00	Intervalpause		Stå eller gå		0,000		0,000
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>01:08:06</b>				<b>gns</b>	<b>08:54</b>	<b>08:54</b>	<b>7,653</b>

				<b>Middel</b>		<b>Selvvalgt</b>	
<b>Torsdag:</b>	<b>13-04-2017</b>	<b>S. 177</b>	<b>D. 4</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
10:00	AT	06:40 -	06:20 =	06:30	1,538	00:00	1,538
15:00	jog	08:20 -	08:00 =	08:10	1,837	00:00	1,837
<b>00:50:00</b>				<b>gns</b>	<b>07:35</b>	<b>07:35</b>	<b>6,591</b>

<b>Lang tur:</b>				<b>Middel</b>		<b>Selvvalgt</b>	
		<b>S. 177</b>	<b>D. 7</b>	<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
10:00	jog	08:20 -	08:00 =	08:10	1,224	00:00	1,224
10:00	Ae1	08:00 -	07:45 =	07:52	1,270	00:00	1,270
10:00	Ae2	07:30 -	07:00 =	07:15	1,379	00:00	1,379
10:00	jog	08:20 -	08:00 =	08:10	1,224	00:00	1,224
<b>00:40:00</b>				<b>gns</b>	<b>07:51</b>	<b>07:51</b>	<b>5,098</b>

**Øvrige træningsdage:**

<b>Mandag:</b>				<b>Middel</b>		<b>Selvvalgt</b>	
				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731

<b>Onsdag:</b>				<b>Middel</b>		<b>Selvvalgt</b>	
				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731
<b>00:30:00</b>				<b>gns</b>	<b>08:03</b>	<b>08:03</b>	<b>3,731</b>

<b>Fredag:</b>				<b>Middel</b>		<b>Selvvalgt</b>	
				<b>Tempo</b>	<b>km</b>	<b>Tempo</b>	<b>km</b>
30:00	jog-Ae1	08:20 -	07:45 =	08:03	3,731	00:00	3,731
<b>00:30:00</b>				<b>gns</b>	<b>08:03</b>	<b>08:03</b>	<b>3,731</b>

**Weekend:** På den anden dag i weekenden løbes programmet fra torsdag i uge 10

**Specifik træning 10 km**

**Uge 13**

Hold 5

10 km 62 - 72 min

				Middel		Selvvalgt	
Tirsdag:	18-04-2017	S. 178	D. 2	Tempo	km	Tempo	km
40:00	jog	08:20	- 08:00 =	08:10	4,898	00:00	4,898
00:40:00			gns	08:10	4,898	08:10	4,898

				Middel		Selvvalgt	
Torsdag:	20-04-2017	S. 178	D. 4	Tempo	km	Tempo	km
40:00	jog	08:20	- 08:00 =	08:10	4,898	00:00	4,898
00:40:00			gns	08:10	4,898	08:10	4,898

**Lang tur: S. 178 D. 7**  
**KONKURRENCE 10 KM**

**Øvrige træningsdage:**

				Middel		Selvvalgt	
Mandag:				Tempo	km	Tempo	km
40:00	jog-Ae1	08:20	- 07:45 =	08:03	4,974	00:00	4,974

**Onsdag:** Fridag

					km		km
Fredag:				Tempo	km	Tempo	km
40:00	jog-Ae1	08:20	- 07:45 =	08:03	4,974	00:00	4,974
00:40:00			gns	08:03	4,974	08:03	4,974

					km		km
Weekend:	Hvis konkurrence lørdag, løbes følgende søndag:			Tempo	km	Tempo	km
00:00	jog	08:20	- 08:00 =	08:10	7,347	00:00	7,347
01:00:00			gns	08:10	7,347	08:10	7,347