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| **Træningsprogram til**  | Aarhus City Halvmaraton  |
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|  | Mandag | Onsdag | Lørdag |
| **Uge 1** |  **4 km** |  **4,5 km** |  **5 km** |
| **Uge 2** | **4,5 km** | **4,7 km** | **5 km** |
| **Uge 3**  | **5 km** | **5 km** *med**2x 100 🞼* | **5,5 km** |
| **Uge 4** | **4 km** | **5 km** | **6 km** |
| **Uge 5** | **5 km** | **5 km** *med**2x 100 🞼* | **6,5 km** |
| **Uge 6** | **4,5 km** | **5 km** | **5,5 km** |
| **Uge 7** | **6 km** | **6,5 km** *med**2x100 🞼* | **7 km** |
| **Uge 8** | **5 km** | **6 km** *med 3x100 🞼* | **7,5 km** |
| **Uge 9** | **7 km** |  **7,5 Km** *med 3x100* 🞼 | **8 km**  |
| **Uge 10** | **6 km** | **6,5 km** | **7 km**  |
| **Uge 11** | **8 km** | **8,5 km** *med**4x100 🞼* | **9 km**  |
| ***Uge* 12** | **6 km** | **7 km** *med**4x100 🞼* | **10 km**  |
| **Uge 13** | **7 km** | **7 km** *med**5x100 🞼* | **9 km**  |
| **Uge 14** | **8 km** | **8 km** *med 7x100* 🞼 | **10 km** |
| **Uge 15** | **8 km** | **7 km** *med*8x100 🞼 | **12 km** |
| **Uge 16** | **8 km** | **7 km** | **10 km** |
|  | **Mandag** | **Onsdag** | **Lørdag** |
| **Uge 17** | **8 km** | **6 km** *med**4x100 🞼*  | **✌14,2 km** |
| **Uge 18** | **Fri** | **6 km** | **10 km** |
| **Uge 19** | **8 km** | **7 km** *med**5x100 🞼* | **16 km** |
| **Uge 20** | **8 km** | **8 km** *med**6x100 🞼* | **14 km** |
| **Uge 21** | **6 km** | **8 km** *med 7x100 🞼* | **12 km** |
| **Uge 22** | **8 km** | **8 km** med*8x100 🞼* | **10 km** |
| Uge 23 | 6 km | 6 km med *4x100 🞼* | ☺21,2 km |

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| **🞼☞** | Lidt højere tempo |
| **✌☞** | Skjern Å Running Challenge 2017 |
| ☺☞ | Aarhus City Halvmaraton 2017 |

