

	Dag 1		Dag 2	
Week 1	4 x 2 min rennen 2 min wandelen		4 x 2 min rennen 2 min wandelen	
Week 2	4 x 3 min rennen 2 min wandelen		4 x 3 min rennen 2 min wandelen	
Week 3	2 x 4 min rennen 2 min wandelen	2x 3 min rennen 2 min wandelen	2 x 4 min rennen 2 min wandelen	2 x 3 min rennen 2 min wandelen
Week 4	2 x 5 min rennen 3 min wandelen	2 x 3 min rennen 2 min wandelen	2 x 5 min rennen 3 min wandelen	2 x 3 min rennen 2 min wandelen
Week 5	2 x 8 min rennen 3 min wandelen	2 x 3 min rennen 2 min wandelen	2 x 6 min rennen 3 min wandelen	2 x 3 min rennen 2 min wandelen
Week 6	2 x 10 min rennen 3 min wandelen	2 x 3 min rennen 2 min wandelen	2 x 8 min rennen 3 min wandelen	2 x 3 min rennen 2 min rennen
Week 7	2 x 12 min rennen 3 min wandelen	2 x 3 min rennen 2 min rennen	2 x 10 min rennen 3 min wandelen	2 x 3 min rennen 2 min rennen
Week 8	10 min rennen 2 min wandelen 15 min rennen		2 x 15 min rennen 3 min wandelen	
Week 9	2 x 15 min rennen 3 min wandelen		15 min rennen 5 min wandelen 20 min rennen	
Week 10	2 x 15 min rennen 3 min wandelen		2 x 20 min rennen 5 min wandelen	
Week 11	10 min rennen 2 min wandelen 20 min rennen		15 min rennen 5 min wandelen 25 min rennen	
Week 12	15 min rennen 5 min wandelen 30 min rennen		15 min rennen 5 min wandelen 30 min rennen	

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