



Introduktion til 10-20-30

10 kilometer



Uge	MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG	LØRDAG	SØNDAG
1	3 km		4 km			5 km	
2	4 km		4 km			5 km	
3	5 km		5 km			5 km	
4	5 km		10 minutters jogging + 1x5 minutters 10-20-30			5 km	
5	5 km		10 minutters jogging + 1x5 minutters 10-20-30			6 km	
6	5 km		15 minutters jogging + 1x5 minutters 10-20-30			6 km	
7	5 km		15 minutters jogging + 2x5 minutters 10-20-30 pausetid 4 minutter			7 km	
8	5 km		15 minutters jogging + 2x5 minutters 10-20-30 pausetid 4 minutter			7 km	
9	5 km		15 minutters jogging + 2x5 minutters 10-20-30 pausetid 4 minutter			8 km	
10	5 km		15 minutters jogging + 2x5 minutters 10-20-30 pausetid 4 minutter			9 km	
11	5 km		15 minutters jogging + 2x5 minutters 10-20-30 pausetid 4 minutter			9 km	
12	5 km		15 minutters jogging + 2x5 minutters 10-20-30 pausetid 4 minutter			10 km	