

Træningsplan Hold Fællesskabet Forår 24

| UGE | TIRSDAG | Distance – rute | LØRDAG | Distance – rute | Bemærkninger |
|-----|---------|-------------------------|--------|-------------------------|-----------------------------|
| 1 | 2.1 | Restitutionstur | 6.1 | 10-12 km Janne | |
| 2 | 9.1 | 10 km | 13.1 | 10 km | |
| 3 | 16.1 | 10 km | 20.1 | 10-14 km | |
| 4 | 23.1 | Run for Fælles Fun RFFF | 27.1 | 12-13 km | |
| 5 | 30.1 | Interval | 3.2 | 13-16 km | |
| 6 | 6.2 | 10 km | 10.2 | 15 km | |
| 7 | 13.2 | 10 km | 17.2 | 10-13 km | |
| 8 | 20.2 | 10 km | 24.2 | 10-13 km RFFF | |
| 9 | 27.2 | Bakketræning | 2.3 | 10-12-15 km | |
| 10 | 5.3 | 10 km | 9.3 | 12 km | |
| 11 | 12.3 | Interval | 16.3 | 14 km | |
| 12 | 19.3 | 10 km | 23.3 | 10-12-15 km | |
| 13 | 26.2 | 10 km | 30.3 | 17 km | Påske 🌸 |
| 14 | 2.4 | 10 km | 6.4 | 13 km | |
| 15 | 9.4 | Interval | 13.4 | 10 km | 14.4: Hannover 🚗🏃 |
| 16 | 16.4 | Restitutionstur | 20.4 | 12 km | |
| 17 | 23.4 | Interval | 27.4 | 12 km | 26.4: Store Bededag 🙏 |
| 18 | 30.4 | Surprise | 4.5 | 10-13 km RFFF | 5.5: Københavns Marathon |
| 19 | 7.5 | Surprise | 11.5 | ? km | 9.5: Kr. Himmelfart 🌈 |
| 20 | 14.5 | Surprise | 18.5 | ? km | Pinse 🌻 Royal Run 20.5 🏆 |
| 21 | 21.5 | Surprise | 25.5 | ? km | 26.5: Basel 🇨🇭🏃 |
| 22 | 28.5 | Surprise | 1.6 | ? km | |
| 23 | 4.6 | Surprise | 8.6 | ? km | |
| 24 | 11.6 | Interval eller bakke | 15.6 | 12 km | |
| 25 | 18.6 | Surprise | 22.6 | Fælles sommerafslutning | |