

Borup Løbeklub maraton program 2021

| Kalender Uge | Trænings Uge | Søndags dato | Tirsdag | Torsdag | Søndag | I alt | Prog | Gennemført |
|--------------|--------------|--------------|---------|---------|--------|-------|------|------------|
| 1 | 1 | 10/01/2021 | 10 | 10 | 12 | 32 | | |
| 2 | 2 | 17/01/2021 | 10 | 10 | 13 | 33 | 1 | |
| 3 | 3 | 24/01/2021 | 10 | 10 | 13 | 33 | 0 | |
| 4 | 4 | 31/01/2021 | 10 | 10 | 14 | 34 | 1 | |
| 5 | 5 | 07/02/2021 | 10 | 10 | 14 | 34 | 0 | |
| 6 | 6 | 14/02/2021 | 10 | 10 | 15 | 35 | 1 | |
| 7 | 7 | 21/02/2021 | 10 | 10 | 15 | 35 | 0 | |
| 8 | 8 | 28/02/2021 | 10 | 10 | 16 | 36 | 1 | |
| 9 | 9 | 07/03/2021 | 10 | 10 | 16 | 36 | 0 | |
| 10 | 10 | 14/03/2021 | 10 | 10 | 17 | 37 | 1 | |
| 11 | 11 | 21/03/2021 | 10 | 10 | 18 | 38 | 1 | |
| 12 | 12 | 28/03/2021 | 10 | 10 | 20 | 40 | 2 | |
| 13 | 13 | 04/04/2021 | 12 | 11 | 21 | 44 | 4 | |
| 14 | 14 | 11/04/2021 | 10 | 11 | 18 | 39 | -5 | |
| 15 | 15 | 18/04/2021 | 10 | 11 | 22 | 43 | 4 | |
| 16 | 16 | 25/04/2021 | 10 | 11 | 20 | 41 | -2 | |
| 17 | 17 | 02/05/2021 | 12 | 11 | 21 | 44 | 3 | |
| 18 | 18 | 09/05/2021 | 10 | 11 | 18 | 39 | -5 | |
| 19 | 19 | 16/05/2021 | 10 | 11 | 23 | 44 | 5 | |
| 20 | 20 | 23/05/2021 | 10 | 11 | 20 | 41 | -3 | |
| 21 | 21 | 30/05/2021 | 12 | 11 | 21 | 44 | 3 | |
| 22 | 22 | 06/06/2021 | 10 | 11 | 18 | 39 | -5 | |
| 23 | 23 | 13/06/2021 | 10 | 11 | 23 | 44 | 5 | |
| 24 | 24 | 20/06/2021 | 10 | 11 | 20 | 41 | -3 | |
| 25 | 25 | 27/06/2021 | 12 | 12 | 24 | 48 | 7 | |
| 26 | 26 | 04/07/2021 | 10 | 12 | 15 | 37 | -11 | |
| 27 | 27 | 11/07/2021 | 10 | 12 | 27 | 49 | 12 | |
| 28 | 28 | 18/07/2021 | 10 | 12 | 18 | 40 | -9 | |
| 29 | 29 | 25/07/2021 | 12 | 12 | 24 | 48 | 8 | |
| 30 | 30 | 01/08/2021 | 10 | 12 | 15 | 37 | -11 | |
| 31 | 31 | 08/08/2021 | 10 | 12 | 27 | 49 | 12 | |
| 32 | 32 | 15/08/2021 | 10 | 12 | 18 | 40 | -9 | |
| 33 | 33 | 22/08/2021 | 12 | 12 | 23 | 47 | 7 | |
| 34 | 34 | 29/08/2021 | 10 | 12 | 30 | 52 | 5 | |
| 35 | 35 | 05/09/2021 | 10 | 12 | 24 | 46 | -6 | |
| 36 | 36 | 12/09/2021 | 10 | 12 | 18 | 40 | -6 | |
| 37 | 37 | 19/09/2021 | 12 | 12 | 15 | 39 | -1 | |
| 38 | 38 | 26/09/2021 | 7 | 5 | 42 | 54 | 15 | |
| 39 | 39 | | | | 10 | 10 | -44 | |
| 40 | 40 | | 5 | 5 | 10 | 20 | 10 | |

GuL: Interval træning/fartleg/tempotur. Ikke nødvendigvis 10 km.

CoZ maraton Søndag d. 3. oktober 2021

Berlin og Odense Marathon Søndag d. 26. september 2021