

|                     | L  | W | L  | W | L | W | L | W | L | W | L | W |   |
|---------------------|--|---|----|---|---|---|---|---|---|---|---|---|---|
| 19-sep<br>2e train. | duurloop met 5x(2min T3, P2 + 2 min T3, P1 min)  |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 3  | 2 | 3  | 2 | 3 | 2 | 3 | 1 | 3 | 1 |   |   |   |
| 26-sep<br>2e train. | 5x (2-4 min T3, P1-2 min)                        |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 4  | 3 | 4  | 3 | 4 | 3 | 5 | 2 | 5 | 2 |   |   |   |
| 3-okt<br>2e train.  | 4x (5 min T1 - 5 min T3)                         |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 5  | 3 | 5  | 3 | 4 | 1 | 4 | 1 |   |   |   |   |   |
| 10-okt<br>2e train. | 5x 6 min T3, P 3 min                             |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 6  | 3 | 6  | 3 | 3 | 2 | 3 | 2 | 3 | 2 |   |   |   |
| 17-okt<br>2e train. | 2x (4-5-6 min T3, P2,5 min)                      |   |    |   |   |   |   |   |   |   |   | 3 | 2 |
| 3e train.           | duurloop 4 km; tempo 6:30 min/km; (=9,2 km/h)    |   |    |   |   |   |   |   |   |   |   |   |   |
| 24-okt<br>2e train. | 10x (3min T3, P1,5 min)                          |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 7  | 2 | 7  | 2 | 4 | 1 | 4 | 1 | 4 | 1 |   |   |   |
| 3e train.           | duurloop 4 km; tempo 6:00 min/km; (=10,0 km/h)   |   |    |   |   |   |   |   |   |   |   |   |   |
| 31-okt<br>2e train. | piramide 2-4-6-8-6-4-2 min T3, P2 min            |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 7  | 1 | 7  | 1 | 4 | 1 | 4 | 1 | 4 | 1 |   |   |   |
| 3e train.           | duurloop 4 km; tempo 5:45 min/km; (=10,4 km/h)   |   |    |   |   |   |   |   |   |   |   |   |   |
| 7-nov<br>2e train.  | climax lantaarnpaalloop (max5 LP, rust 1 LP)     |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 8  | 3 | 8  | 3 | 5 | 1 | 5 | 1 |   |   |   |   |   |
| 3e train.           | duurloop 5 km; tempo 6:15 min/km; (=9,6 km/h)    |   |    |   |   |   |   |   |   |   |   |   |   |
| 14-nov<br>2e train. | 3x5 min T3 + 3x4 min T3, + 3x3 min T3 9x P 2 min |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 8  | 2 | 8  | 2 | 5 | 1 | 5 | 1 |   |   |   |   |   |
| 3e train.           | duurloop 5 km; tempo 6:00 min/km; (=10,0 km/h)   |   |    |   |   |   |   |   |   |   |   |   |   |
| 21-nov<br>2e train. | duurloop met 3x (3-5 min T3, P2 min)             |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 10   | 3 | 10 | 3 | 5 | 1 | 5 | 1 |   |   |   |   |   |
| 3e train.           | duurloop 5 km; tempo 5:45 min/km; (=10,4 km/h)   |   |    |   |   |   |   |   |   |   |   |   |   |
| 28-nov<br>2e train. | 3x (4-6 min T3, P2-3 min)                        |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 10   | 2 | 10 | 2 | 6 | 1 | 5 | 1 |   |   |   |   |   |
| 3e train.           | duurloop 6 km; tempo 6:15 min/km; (=9,6 km/h)    |   |    |   |   |   |   |   |   |   |   |   |   |
| 5-dec<br>2e train.  | climaxloop 3x (9 min T1-6 min T2, 3 min T3)      |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 12   | 3 | 10 | 3 | 8 | 2 | 5 | 1 |   |   |   |   |   |
| 3e train.           | duurloop 6 km; tempo 6:00 min/km; (=10,0 km/h)   |   |    |   |   |   |   |   |   |   |   |   |   |
| 12-dec<br>2e train. | 8x (4 min T3, P2 min)                            |   |    |   |   |   |   |   |   |   |   |   |   |
|                     | 12   | 2 | 10 | 2 | 8 | 2 | 5 | 1 |   |   |   |   |   |
| 3e train.           | duurloop 6 km; tempo 5:45 min/km; (=10,4 km/h)   |   |    |   |   |   |   |   |   |   |   |   |   |

**L** = lopen (rennen)      **W** = wandelen

5 min T3    betekent    5 minuten rennen in tempo 3

P2 min    betekent    2 minuten pauze