

	Rec A	Rec B	Pres A	Pres B	Pres C
3-okt	Kanonsloop in Groenlo Geert	Kanonsloop in Groenlo Bennie	Kanonsloop in Groenlo Richard	Kanonsloop in Groenlo Gijs	Kanonsloop in Groenlo Vincent
10-okt	ins / outs Bennie/Gerry	wisselduurloop Geert	bosloop Sybylla	(2x1000/4.50'-5.07' P=2.45') + (5x 300/1.18' P=1')	5x1000/4.30'-4.45' P=2.30'
17-okt	heuvel / cross Geert	laatste loodjes Bennie/Gerry	3x5minT2,2x5minT3 Richard	Bianca (4x 400/1.51' P=60'') SP=3' + (8x200/49'' P=60'')	Vincent (5x 400/1.43' P=60'') SP=3' + (8x200/46'' P=60'')
24-okt	2-4-6-4-2 Geert	climax Lucie	dobbelsteenloop Bennie/Gerry	Vincent 1x 1000/4.47' + 600/2.46' + 400/1.51' + 200/52'' P=tot volle min + 2.30'	Christian 1x 1000/4.29 + 800/3.32 + 600/2.37 + 400/1.43 + 200/49'' P=tot volle min + 2'
31-okt	fartlek Jan	5x200, 2x400 Geert	fartlek Richard	Bianca min.loop 1'+ 2'+ 3' + 1' + 2'+ 3' /T10 P=50%	Vincent min.loop 1'+ 2'+ 3' + 1' + 2'+ 3' /T10 P=50%
7-nov	heuvel / cross Ursula	in / outs Madelon	4x400+2x600 intens Sybylla	Gijs 2x400/1.54 P=1.15' + 1x1000/4.50' P=2.30' + 1x2000 /9.50'	Vincent 2x 400/1.46' P=1.15' + 1x1000/4.29' P=2.30' + 1x2000 /9.25'
14-nov	10x200 Jan	1-3-5-3-1 Geert	bos / cross Edouard	Vincent Bos/cross-Fartlek	Christian Bos/cross-Fartlek
21-nov	wisselduurloop Geert	bos / cross Lucie	4x6 min T2 Sybylla	Bianca T2/12' P=3' + 1x2000/10.00-10.10' P=5' + T1/10'	Vincent T2/15' P=2' + 1x2000/9.14-9.25' P=4' + T2/10'
28-nov	bosloop Ursula	fartlek Madelon	1-3-5-5-3-1 Bennie/Gerry	Vincent 3x (300/1.18' P=1.20' + 400/1.51' P=2')	Christian 4x (300/1.13' P=1.15' + 400/1.43' P=2.30')
5-dec	Ins / outs Jan	Climax Geert	Pyramide 2-4-6-4-2 Bianca	Richard 8x200/57'' P=30'' SP=4' + 4x100/versnellingsloop	Vincent 8x200/53'' P=30'' SP=4' + 4x200/versnellingsloop
12-dec	bos / cross Bennie/Gerry	2-4-6-4-2 Madelon	heuvel Edouard	Gijs 1x 1000/4.47' + 600/2.46' + 400/1.51' + 200/52'' P=tot volle min + 2'	Vincent 1x 1000/4.29' + 800/3.32' + 600/2.37' + 400/1.43' + 200/49'' P=tot volle min + 2'
19-dec	4x100, 4x200, 2x400 Madelon	bos / cross Geert	4x500+2x1000 T2 Bianca	Vincent (3x 2'/T5 + 30''/T4 P=3') + (2x 15''/SNEL + 45''/T4 P=2')	Christian (4x 2.30'/T5 + 1'/T4 P=3') + (2x 30''/SNEL + 1'/T4 P=2.30')
26-dec	fartlek Geert	4x5 min T2 Ursula	bos / cross Sybylla	Gijs Tempowisselloop 6x (2' + 1' dribb) (3xT15) + (3xT21 >>>> steeds iets sneller naar T4)	Vincent Tempowisselloop 6x (2' + 1' dribb) (3xT15) + (3xT21 >>>> steeds iets sneller naar T4)
2-jan	anti climax Jan	fartlek Geert	fartlek Bennie/Gerry	Gijs (4x 200/57''+200/51'' P=2') + (2x 200/49'' P=1')	Vincent (5x 200/53''+200/48'' P=2') + (3x 200/46'' P=1')
9-jan	Bosloop Ursula	Heuvel Madelon	Cross Gijs	Vincent 7x 400/1.55' P= 2.30' aflopend met 15''	Christian 8x 400/1.47' P= 2.15' aflopend met 15''
16-jan	ins / outs Geert	wisselduurloop Lucie	bosloop Sybylla	Bianca Pyramideloop; 4'+3'+2'+1'+2'+3' P=2'	Vincent Pyramideloop; 4'+3'+2'+1'+1'+2'+3' P=2'
23-jan	Heuvel Madelon	Bosloop Jan	Cross Bennie/Gerry	Richard T1/30''-35'' waarin 2x 30'' versnellen	Vincent T1/35''- 40'' waarin 3x 30'' versnellen
30-jan	ins / outs Ursula	wisselduurloop Lucie	bosloop Vincent	Bianca 2x (T2/6' + T15/6') SP=5' dribb.	Vincent 2x (T2/8' + T15/8') SP=5' dribb.
6-feb	heuvel / cross Geert	laatste loodjes Bennie/Gerry	3x5minT2,2x5minT3 Sybylla	Gijs (4x 400/1.56' P=1.15'') SP=3' + (4x 400/1.56' P=55'')	Vincent (5x 400/1.47' P=70'') SP=3.30' + (5x 400/1.47' P=50'')
13-feb	2-4-6-4-2 Madelon	climax Jan	dobbelsteenloop Richard	Bianca Schema volgt mog	Vincent Schema volgt mog
20-feb	fartlek Geert	5x200, 2x400 Ursula	fartlek Sybylla	Gijs Schema volgt mog	Vincent Schema volgt mog
27-feb	heuvel / cross Bennie/Gerry	in / outs Madelon	4x400+2x600 intens Richard	Bianca Schema volgt moq	Vincent Schema volgt moq
6-mrt	10x200 Geert	1-3-5-3-1 Jan	bos / cross Edouard	Gijs Schema volgt mog	Vincent Schema volgt mog
13-mrt	wisselduurloop Bennie/Gerry	bos / cross Madelon	4x6 min T2 Sybylla	Vincent Schema volgt mog	Christian Schema volgt mog
20-mrt	bosloop Bennie/Gerry	fartlek Madelon	1-3-5-5-3-1 Sybylla	Bianca Schema volgt moq	Vincent Schema volgt moq

	<b>Geert</b>	<b>Ursula</b>	<b>Bennie/Gerry</b>	<b>Vincent</b>	<b>Christian</b>
27-mrt	Ins / outs	Climax	Pyramide 2-4-6-4-2	Schema volgt mog	Schema volgt mog
	<b>Madelon</b>	<b>Lucie</b>	<b>Edouard</b>	<b>Bianca</b>	<b>Vincent</b>

<b>Pres D</b>
Kanonsloop in Groenlo
Christian 2x (3x1000/4.25'-4.30' P=2.15') SP=4'
Christian (5x 400/1.36' P=60") SP=3' + (8x200/43" P=60")
Groep 1x 1000/4.10 + 800/3.17 + 600/2.26 + 400/1.36 + 200/46" P=tot volle min. + 1'
Christian min.loop 1'+ 2'+ 3' + 3.30' + 1' + 2'+ 3' /T10 P=50%
Christian 2x500/2.05' P=1.30' + 1x1000/4.10' P=3' + 1x2000/9.00'
Groep
<b>Bos/cross-Fartlek</b>
Christian T2/15' P=2' + 1x2000/8.42' - 8.53' P=4' + T2/10'
Groep 4x (300/1.08' P=1.10' + 400/1.36' P=2.30')
Christian 8x200/50" P=30" SP=4' + 4x200/versnellingsloop
Christian 2x (800/3.20' + 600/2.28' + 400/1.36') P=tot volle min.+1' SP=4'
Groep (4x 3'/T5 + 1'/T4 P=3') + (3x 30"/SNEL + 1'/T4 P=2.30')
Christian Tempowisselloop 8x (2' + 1' dribb) (4xT15) + (4xT21 >>>> steeds iets sneller naar T4)
Christian (6x 200/50"+200/45" P=1.30') + (3x 200/43" P=1')
Groep 10x 400/1.40' P= 2.15' aflopend met 15"
Christian Pyramideloop: 5'+4'+3'+2'+1'+2'+3'+4' P=2'
Christian T1/35'- 45' waarin 3x 30" versnellen
Christian 2x (T2/10' + T15/10') SP=5' dribb.
Christian (6x 400/1.40' P=70") SP=3.30' + (6x 400/1.40' P=50")
Christian Schema volgt mog
Christian Schema volgt mog
Christian Schema volgt mog
Christian Schema volgt mog
Groep Schema volgt mog
Christian Schema volgt mog

Groep
Schema volgt mog
Christian