

	Rec A	Rec B	Pres A	Pres B	Pres C	Pres D
12-jun	bos / cross Bennie / Gerry	2-4-6-4-2 Ursula	heuvel Macelon	1x 800/3.45' + 600/2.46' + 400/1.50' + 200/52" P=tot volle min + 2' Gijs	1x 1000/4.25' + 800/3.29' + 600/2.34' + 400/1.42' + 200/49" P=tot volle min + 2' Doné	1x 1000/4.08' + 800/3.15' + 600/2.24' + 400/1.35' + 200/46" P=tot volle min. + 1' Christian
19-jun	4x100, 4x200, 2x400 Madelon	bos / cross Geert	4x500+2x1000 T2 Edouard	T1/15' + 3x 1.30'/T15 P=1' + T2/10' Sybylla	T1/15' + 3x 2'/T15 P=1' + T2/15' Christian	T1/20' + 3x 3'/T15 P=1' + T2/15' Doné
26-jun	fartlek Madelon	4x5 min T2 Bennie / Gerry	bos / cross Lucie	2x1000/5.05' P=2.30' + 1X800/idem, laatste 300 mtr versnellen P= 2.30' + 1x 600 elke 100 mtr versnellen naar maximaal Sybylla	2x1000/4.41' P=1.45' + 1X1000/idem, laatste 400 mtr versnellen P= 2.30' + 1x 1000 elke 200 mtr versnellen naar maximaal Doné	2x1000/4.21' P=2' + 2X1000/idem, laatste 400 mtr versnellen P= 2.30' + 1x 1000 elke 200 mtr versnellen naar max. Christian
3-jul	Externe loop bij Jo in Ruurlo					
10-jul	Geert Bosloop	Madelon Heuvel	Edouard Cross	Bianca 3x200/50" P=55" + 1x400/1.46' P=1.45' + 1x 600/2.46' P=3' + 1x1500/7.30'-7.46' Gijs	Christian 3x200/47" P=50" + 2x400/1.38' P=1.45' + 1x 600/2.34' P=3' + 1x1500/6.55'-7.09' Doné	Doné 4x200/44" P=45" + 2x400/1.32' P=1.45' + 1x600/2.24' P=3' + 1x2000/8.34'-8.49' Christian
17-jul	Lucie ins / outs	Madelon wisselduurloop	Bianca bosloop	Gijs 2x (4x400 wisseltempo P=0) - SP5' 400/2.06' + 400/1.52' + 400/2.06' + 400/1.52' etc	Doné 2x (5x400 wisseltempo P=0) - SP5' 400/1.56' + 400/1.44' + 400/1.56' + 400/1.44' etc	Christian 2x (6x400 wisseltempo P=0) - SP5' 400/1.47' + 400/1.37' + 400/1.47' + 400/1.37' etc
24-jul	Geert Heuvel	Lucie Bosloop	Bennie / Gerry Cross	Tempowisselloop 6x (1.30'/T10 + 1' dribb)	Christian Tempowisselloop 6x (2'/T15 + 1' dribb)	Doné Tempowisselloop 8x (2'/T15 + 1' dribb)
31-jul	Richard ins / outs	Madelon wisselduurloop	Sybylla bosloop	Bianca 1x1000/4.41' + 600/2.44' + 400/1.47' + 200/52" P=100%	Doné 1x1000/4.21' + 800/3.26' + 600/2.32' + 400/1.40' + 200/49" P=100%	Christian 1x1000/4.03' + 800/3.12' + 600/2.22' + 400/1.34' + 200/46" P=100%
7-aug	Bennie / Gerry heuvel / cross	Geert laatste loodjes	Edouard 3x5minT2,2x5minT3	Bianca 2x (400/1.51' + 300/1.18' + 200/51" + 100/25" P=idem dribb.	Christian 2x (400/1.43' + 300/1.13' + 200/47" + 100/23" P=idem dribb.	Doné 3x (400/1.36' + 300/1.08' + 200/44") P=idem dribb.
14-aug	Lucie 2-4-6-4-2	Richard climax	Edouard doppelsteenloop	Sybylla 4x1000/4.59-5.27 P=dribb. tot volle minuut + 2'	Doné 5x1000/4.37-4.59 P=dribb. tot volle minuut + 2'	Christian 6x1000/4.17-4.37 P=dribb. tot volle minuut + 1'
21-aug	Geert fartlek	Geert 5x200, 2x400	Bennie / Gerry fartlek	Sybylla 2x (5x200/64"-52" -64"-52" etc. wisseltempo) 1x SP4'	Doné 2x (5x200/55"-49" -55"-49" etc. wisseltempo) 1x SP4'	Christian 2x (6x200/51"-46" -51"-46" etc. wisseltempo) 1x SP4'
28-aug	Geert heuvel / cross	Bennie / Gerry in / outs	Lucie 4x400+2x600 intens	Edouard 3x400/1.46' P=2' + 1x600/2.42' P=3' + 1x800/3.42'	Doné 3x400/1.38' P=2' + 2x600/2.32' P=3' + 1x800/3.26'	Christian 4x400/1.32' P=2' + 2x600/2.22' P=3' + 1x800/3.12'
4-sep	Richard 10x200	Ursula 1-3-5-3-1	Bianca bos / cross	Gijs 1x 1000/4.46' + 600/2.46' + 400/1.49' + 200/54" P=tot volle min + 2'	Doné 1x 1000/4.25' + 800/3.29' + 600/2.34' + 400/1.41' + 200/50" P=tot volle min + 2'	Christian 1x 1000/4.07' + 800/3.15' + 600/2.24' + 400/1.35' + 200/47" P=tot volle min. + 1'
11-sep	Geert wisselduurloop	Madelon bos / cross	Gijs 4x6 min T2	Bianca 2x (600/3' P=1.30' + 400/1.54' P=45" + 200/50" P=0 + 200/54") SP=5'	Doné 2x (800/3.42' P=1.30' + 400/1.47' P=40" + 400/1.36' P=0 + 200/51') SP=5'	Christian 2x (800/3.26' P=1' + 400/1.40' P=35" + 400/1.30' P=0 + 800/3.17") SP=5'
18-sep	Bennie / Gerry bosloop	Lucie fartlek	Edouard 1-3-5-5-3-1	Gijs Tempowisselloop 6x (2' P=1.30' dribb)	Doné Tempowisselloop 6x (2' P=1' dribb)	Christian Tempowisselloop 8x (2' P=1' dribb)
25-sep	Ursula Ins / outs	Richard Climax	Madelon Pyramide 2-4-6-4-2	Bianca 5x (200/52" P=100 dribb. + 400/1.51' P=200m) SP=4'	Doné 6x (300/1.13' P=100 dribb. + 400/1.43' P=200m)	Christian 6x (300/1.08' P=100m dribb. + 400/1.36' P=200m)
	Geert	Lucie	Edouard	Gijs	Christian	Doné