

Column1	Rec A	Rec B	Pres A	Pres B	Pres C	Pres D
9-10-2022	ins / outs Gerry/Bennie	wisselduurloop	bosloop	2x 1500/7.34 - 7.59 P=4'	3x 1500/6.59 - 7.19 P=4'	3x 2000/8.40' - 9.00 P=5'
16-10-2022	heuvel / cross	laatste loodjes	3x5minT2,2x5minT3	T2/12' + 5x 200/58" P=40"+ T1/12'	T2/15' + 6x 200/54" P=40"+ T1/15'	T2/20' + 6x 200/50" P=35"+ T1/15'
23-10-2022	2-4-6-4-2 Bennie	climax	dobbelsteenloop	min.loop 1'+ 3'+ 5'+ 3'+ 1' /T15 P=50%	min.loop 2'+ 4'+ 6'+ 4'+ 2' /T15 P=50%	min.loop 2'+ 4'+ 6'+ 4'+ 3'+ 1' /T10 P=50%
30-10-2022	fartlek	5x200, 2x400	fartlek	(2x1000/4.50'-5.07' P=2.45') + (5x 300/1.18' P=1')	5x1000/4.30'-4.45' P=2.30'	2x (3x1000/4.25'-4.30' P=2.15') SP=4'
6-11-2022	heuvel / cross	in / outs	Duurloop (T1+T2) + 4' iets sneller	Duurloop T1/15' + T2/10' + T21/10'	Duurloop T1/15' + T2/15' + T21/10'	Duurloop T1/15' + T2/15' + T21/20'
13-11-2022	10x200	1-3-5-3-1	1x 800 + 600 + 400 + 200 buiten comfortzone	1x 1000/4.46' + 600/2.46' + 400/1.49' + 200/54" P=tot volle min + 2'	1x 1000/4.25' + 800/3.29' + 600/2.34' + 400/1.41' + 200/50" P=tot volle min + 2'	1x 1000/4.07' + 800/3.15' + 600/2.24' + 400/1.35' + 200/47" P=tot volle min. + 1'
20-11-2022	wisselduurloop	bos / cross	Tempowisselloop 2x (2'-1'-2'-1'-2'-1') SP=5'	Tempowisselloop (P=dribbelen) 4x (T15/3' - P=1.30" + T5/1' P=2.30")	Tempowisselloop (P=dribbelen) 5x (T15/3' - P=1' + T5/1.30" P=2.30')	Tempowisselloop (P=dribbelen) 5x (T15/4' - P=1' + T5/1.30" P=2.30')
27-11-2022	bosloop	fartlek	3x 5' blokkenloop buiten comfortzone P=3.30'	Blokkenloop 3x T15/8' P=4' dribbelen	Blokkenloop 3x T15/10' P=4' dribbelen	Blokkenloop 3x T15/12' P=4' dribbelen
4-12-2022	ins / outs	Climax	Interval kort 6x200 + 2x100 mtr P=100%	2x (4x200/50" P=1') SP=3'	2x (6x200/48" P=55") SP=3'	2x (6x200/45" P=50") SP=3'
11-12-2022	bos / cross	2-4-6-4-2	wisseltempo 2x (4x T2/200 mtr. - dribbel/200 mtr.)	2x (5x400 wisseltempo P=200 dribb.) SP5' 400/1.51' + 400/2.06' + 400/1.51' + 400/2.06' + 1.51'	400/1.56' + 400/1.43' + 400/1.56' + 400/1.43' etc.	2x (6x400 wisseltempo P=30" dribb.) SP4' 400/1.47 + 400/1.36 + 400/1.47 + 400/1.36 etc
18-12-2022	4x100, 4x200, 2x400	bos / cross	Interval 1x 400 + 1x 800 + 1x 1500 mtr	2x400/1.54 P=1.15' + 1x1000/4.50' P=2.30' + 1x2000 /9.50'	2x 400/1.46' P=1.15' + 1x1000/4.29' P=2.30' + 1x2000 /9.25'	2x500/2.05' P=1.30' + 1x1000/4.10' P=3' + 1x2000/9.00'
25-12-2022	Geen training	Geen training	Geen training	Geen training	Geen training	Geen training
1-1-2022	Geen training	Geen training	Geen training	Geen training	Geen training	Geen training
8-1-2022	Bosloop	Heuvel	duurloop T2/15' + 1x1000 mtr + duurloop T1/10'	T2/12' P=3' + 1x2000/10.00-10.10' P=5' + T1/10'	T2/15' P=2' + 1x2000/9.14-9.25' P=4' + T2/10'	T2/15' P=2' + 1x2000/8.42' - 8.53' P=4' + T2/10'
15-1-2022	ins / outs	wisselduurloop	1x 800 + 600 + 400 + 200 + 100 mtr. buiten comf.zone	1x 1000/4.47' + 600/2.46' + 400/1.51' + 200/52" P=tot volle min + 2'	1x 1000/4.29' + 800/3.32' + 600/2.37' + 400/1.43' + 200/49" P=tot volle min + 2'	2x (800/3.20' + 600/2.28' + 400/1.36') P=tot volle min.+1' SP=4'
22-1-2022	Heuvel	Bosloop	versnellingsloop 4x 600 mtr. langzaam naar snel	4x (T10/2' + T4/1' P=3')	5x (T10/3' + T4/1' P=3')	5x (T10/4' + T4/1' P=3')
29-1-2022	ins / outs	wisselduurloop	4x 1' snel + duurloop T1	6x200/rustig >>> doorversnellen P=1' rest dl. T1	8x200/rustig >>> doorversnellen P=1' rest dl. T1	10x200/rustig >>> doorversnellen P=1' rest dl. T1
5-2-2022	heuvel / cross	laatste loodjes	Bos/cross-Fartlek	Bos/cross-Fartlek	Bos/cross-Fartlek	Bos/cross-Fartlek
12-2-2022	2-4-6-4-2	climax	3x2'binnen comf.zone + 3x2' buiten comf.zone	(4x 400/1.56' P=1.15") SP=3' + (4x 400/1.56' P=55") P=50")	(5x 400/1.47' P=70") SP=3.30' + (5x 400/1.47' P=50")	(6x 400/1.40' P=70") SP=3.30' + (6x 400/1.40' P=50")
19-2-2022	fartlek	5x200, 2x400	(2x4' buiten comf.zone P=2') + (2x1' versnellen P=2')	2x1000/4.55' P=2.30' (SP=4') + 3x500/2.24 P=1.15'	2x (2x1000/4.35'-4.45' P=2.30') SP=5'	2x (3x1000/4.20'-4.30' P=2.15') SP=4'
26-2-2022	heuvel / cross	in / outs	duurloop wisselend T1+T2	Tempowisselloop 6x (2' P=1.30' dribb)	Tempowisselloop 6x (2' P=1' dribb)	Tempowisselloop 8x (2' P=1' dribb)
5-3-2022	10x200	1-3-5-3-1	Tempowisselloop 2x (2'-1'-2'-1'-2'-1') SP=5'	2x (T15/3' P=30" + T10/3' P=1' + T5/3') SP=5'	2x (T15/3' + T10/3' + T5/3') SP=5'	2x (T15/4' + T10/4' + T5/3') SP=5'
12-3-2022	wisselduurloop	bos / cross	4x6 min T2	Kim	Vincent	Doné
19-3-2022	bosloop	fartlek	1-3-5-5-3-1	Gijs	Doné	Christian
26-3-2022	ins / outs	Climax	Pyramide 2-4-6-4-2	Christian	Vincent	Doné
	Bennie/Gerry	Lucie	Edouard	Kim	Doné	Christian