

Datum	ZONDAG GROEP 1 (0-5 km)	ZONDAG GROEP 2 (5-10 km)	ZONDAG GROEP 3 (10-15 km)	ZONDAG GROEP 4 (15+ km)
22-10-2023	(2x1000/5.27'-6.00' P=2.45') + (2x 200/53' P=1') Bennie/Gerry	2x(1000/5.00'-5.27' P=2.30') + (2x300/1.22' P=1') Lucie	3-4x(1000/4.37'-5.00' P=2.30') Kim	5-6x(1000/4.17'-4.37' P=2') Doné
29-10-2023	(2x400/1.59'-2.11' P=1.30') SP=2' + (5x200/59"-1.04" P=1') Richard	(3x400/1.51'-1.59' P=1.20') SP=2' + (4x200/55"-59" P=1') Bennie/Gerry	(4x400/1.43'-1.51' P=1.15') SP=3' + (6x200/51"-55" P=1') Gijs	(5x400/1.34'-1.43' P=1.10') SP=3' + (8x200/44"-51" P=1') Christian
5-11-2023	Duurloop: 2x(7'/T1 P=3'/wandelen) + 2x(3'/T2 P=1'/wandelen) Lucie	Duurloop T1/15' + T2/10' + 6'/buiten comfortzone Richard	Duurloop T1/15' + T2/15' + 10'/buiten comfortzone Bianca	Duurloop T1/15' + T2/15' + T21/20' Doné
12-11-2023	Blokkenloop 4x3' buiten comfortzone P=2' wandelen Bennie/Gerry	Blokkenloop 2x(6'-8'/buiten comfortzone) P=3' wandelen Kim	Blokkenloop 2x(8'-12'/buiten comfortzone) P=4' dribbelen Edouard	Blokkenloop 2x(10'-15'/T15') P=4' dribbelen Christian
19-11-2023	Bos/cross-Fartlek Lucie	Bos/cross-Fartlek Bianca	Bos/cross-Fartlek Gijs-Kim	Bos/cross-Fartlek Christian
26-11-2023	2x (5x200 wisseltempo P=30") SP=3' 200/1.02' + 200/1.11' + 200/1.02' etc. Richard	3x (5x300 wisseltempo P=30") SP=4' 300/1.21'-1.27' + 300/2.04'-2.16' + 300/1.21'-1.27' etc. Lucie	2x (5x400 wisseltempo P=30") SP=5' 400/1.43'-1.51' + 400/1.56-2.06' + 400/1.43'-1.51' etc. Doné	2x (6x400 wisseltempo P=25") SP=5' 400/1.47'-1.56' + 400/1.36'-1.43' + 400/1.47'-1.56' etc. Vincent
3-12-2023	min.loop 1'+2'+3'+3'+2'+1'/P=50% tempo buiten comfortzone Bennie/Gerry	min.loop 1'+2'+3'+4'+3'+2'+1'/P=50% tempo buiten comfortzone Ursula	min.loop 1'+2'+3'+4'+3'+2'+1'/T15 P=50% Kim	min.loop 1'+2'+3'+4'+4'+3'+2'+1'/T15 P=50% Christian
10-12-2023	Interval 2x (600/3.09 + 400/1.58 + 200/55") Lucie	1x800 + 1x600/2.49' + 1x400 + 1x200 / intensief Bennie/Gerry	1000/4.25'-4.41' + 600/2.37'-2.44' + 400/1.43'-1.47' + 200/50'-53" P=100% Doné	1000/4.03'-4.21' + 800/3.12'-3.26 + 600/2.22'-2.32' + 400/1.34'-1.40' + 200/46"-49" P=100% Vincent
17-12-2023	2x 4'/tempolopen + 4x200/snel Lucie	2x(800/3.45'-4.04' P=3') SP=4' + 2x(600/2.46'-2.57 P=2') Vincent	2x(800/3.32'-3.45' P=2.45') SP=3' + 3x(600/2.34'-2.46 P=2') Bianca	2x(800/3.15'-3.32' P=2.45') SP=3' + 4x(600/2.24'-2.34 P=2') Christian
24-12-2023	5x3'/buiten comfortzone P=2 wandelen Richard	T1/10' + 5x3'/buiten comfortzone P=2'doordribbelen Sybylla	T2/10' + 5x4'/buiten comfortzone P=2'doordribbelen Edouard	T2/10' + 5x5'/T15 P=3'doordribbelen Doné
31-12-2023	Bos/cross-Fartlek Min	Bos/cross-Fartlek Min	Oudejaarsduurloop T1/25 + T2/20' Min	Oudejaarsduurloop T1/30 + T2/30' Min
7-1-2024	min.loop extens. 2x2' + 1x4' + 1x8" net buiten comfortzone Lucie	2x400/1.52'-2.02' P=1.15' + 1x1000/4.45'-5.00' P=2.30' + 1x1500 /7.20'-7.38' Edouard	2x 400/1.43'-1.51' P=1.15' + 1x1000/4.29'-4.45' P=3' + 1x2000 /9.30'-10.00' Vincent	2x500/2.05'-2.14' P=1.30' + 1x1000/4.10'-4.29' P=3' + 1x2000/9.00'-9.30' Christian
14-1-2024	Bos/cross-Fartlek Bennie/Gerry	Bos/cross-Fartlek Sybylla	Bos/cross-Fartlek Gijs/Kim	Bos/cross-Fartlek Doné
21-1-2024	2x (500+300+200+100) intensief tempo P=tot volle min.+1.30' SP=3' Gijs/Kim	2x (600/2.51' + 400/1.51' + 200/55"+100/25") P=tot volle min.+1.30' SP=4' Lucie	2x (600/2.39' + 400/1.43' + 200/50"+100/24") P=tot volle min.+1.15' SP=4' Bianca	2x (800/3.20'-3.35' + 600/2.28'-2.39' + 400/1.36'-1.43') P=tot volle min.+1' SP=4' Christian
28-1-2024	Pyramideloop: 3x 6' versnellen P=50% dribbelpas >>>> hoog tempo Richard	Pyramideloop: 3x 7' versnellen P=50% dribbelpas >>>> hoog tempo Bennie/Gerry	Pyramideloop: 3x 8' versnellen P=50% dribbelpas >>>> hoog tempo Gijs-Kim	Pyramideloop: 3x 10' versnellen P=50% dribbelpas >>>> hoog tempo Doné
4-2-2024	3x (200/hard! P=1.30' + 400/snel P=2.30') Lucie	3x (300/1.22' P=1.20' + 400/1.51' P=2') Bianca	4x (300/1.16' P=1.15' + 400/1.49' P=2.30') Kim-Gijs	4x (300/1.08'-1.13' P=1.10' + 400/1.36'-1.43' P=2.30') Christian
11-2-2024	Tempowisselloop 4x (2'/exten + P=1' wandelen + 1./snel) SP=3' Bennie/Gerry	Tempowisselloop 4x (2.30'/exten + P=1.30' dribbelen + 1.15'/snel) SP=3' Edouard	Tempowisselloop 4x (3'/exten + P=1.30' dribbelen + 1.30'/snel) SP=3' Doné	Tempowisselloop 4x (T15/3' P=1' dribbelen + T5/1.45") SP=2.30' Vincent
18-2-2024	Estafette-loop Richard	T2/10' P=2' + 1x1500/7.15-7.30' P=4' + T1/10' Lucie	T2/10' P=2' + 1x2000/9.22-9.41' P=4' + T1/10' Gijs-Kim	T2/15' P=2' + 1x2000/8.42' - 9.14' P=4' + T2/10' Christian
25-2-2024	2x (4x200/59" P=1') SP=3' Edouard	2x (5x200/55" P=1') SP=3' Sybylla	2x (6x200/51" P=55") SP=3' Bianca	2x (6x200/45"-48" P=55") SP=3' Doné
3-3-2024	Interval 2x (600/3.09 + 400/1.58 + 200/55") Bianca	1x800 + 1x600/2.49' + 1x400 + 1x200 / intensief Lucie	1000/4.25'-4.41' + 600/2.37'-2.44' + 400/1.43'-1.47' + 200/50'-53" P=100% Gijs-Kim	1000/4.03'-4.21' + 800/3.12'-3.26 + 600/2.22'-2.32' + 400/1.34'-1.40' + 200/46"-49" P=100% Christian
10-3-2024	(4x 1.30'/inten + 30"/snel P=3') + (2x 20"/SNEL P=1.30') Richard	(3x 3'/inten + 30"/snel P=3') + (2x 20"/SNEL P=1.30') Bianca	(4x T10/4' + T5/1' P=3') + (2x 30"/SNEL P=2') Edouard	(4x T10/3'+T5/2' P=3') + (2x 30"/SNEL P=2') Doné
17-3-2024	Bos/cross-Fartlek Lucie	Bos/cross-Fartlek Gijs	Bos/cross-Fartlek Vincent	Bos/cross-Fartlek Christian
24-3-2024	5x (200/bcfz+100/snel P=2') SP=4' + 2x100/versnellingsloop Bennie/Gerry	6x (200/55"+100/26" P=1.45") SP=4' + 2x150/versnellingsloop Lucie	7x (200/55"+100/25" P=1.45") SP=4' + 2x200/versnellingsloop Kim	8x (200/49"-51"+100/22"-24" P=1.30') SP=4' + 2x200/versnellingsloop Doné
31-3-2024	3x800/4.08 P=2.30' + 1x600/idem, laatste 300 mtr versnellen Richard	2x1000/5.05' P=2.30' + 1x800/idem, laatste 300 mtr versnellen Bennie/Gerry	2x1000/4.37' P=2.30' + 1x1000/idem, laatste 400 mtr versnellen Bianca	2x1000/4.21'-4.41' P=2.15' + 2X1000/idem, laatste 400 mtr versnellen P= 2.30' Christian