

Kolom1	ZONDAG GROEP 1 (0-5 km)	ZONDAG GROEP 2 (5-10 km)	ZONDAG GROEP 3 (10-15 km)	ZONDAG GROEP 4 (15+ km)
19-mei-24	Bos/cross-Fartlek Richard	Bos/cross-Fartlek Edouard	Bos/cross-Fartlek Vincent	Bos/cross-Fartlek Christian
26-mei-24	3x200/ EXT. P=1.15' + 1x800/ EXT. P=2.30' + 1x1000 / EXT.	2x400/1.56'-2.02' P=1.15' + 1x1000/5.00'-5.21' P=3.30' + 1x1500 /7.46'-8.11'	2x 400/1.47'-1.56' P=1.15' + 1x1000/4.37'-4.55' P=3.30' + 1x2000 /9.30'-10.00'	2x500/2.05'-2.14' P=1.30' + 1x1000/4.17'-4.33' P=3' + 1x2000/8.49'-9.22'
2-jun-24	Pyramidelooop 1'+2'+3'+3'+2'+1' / EXT. - P=50%	Pyramidelooop 1'+2'+3'+4'+3'+2'+1' / EXT. - P=50%	Pyramidelooop 1'+2'+3'+4'+3'+2'+1' /T15 - P=50%	Pyramidelooop 1'+2'+3'+4'+5'+4'+3'+ 2'+1' /T15 - P=50%
		Lucie	Kim	Christian
9-jun-24	3x (200/ INT. P=1.30' + 400/ INT. P=2.30') Edouard	3x (300/1.22' P=1.20' + 400/1.51' P=2')	4x (300/1.16' P=1.15' + 400/1.49' P=2.30')	4x (300/1.08'-1.13' P=1.10' + 400/1.36'-1.43' P=2.30')
16-jun-24	2x(600/ INT. P=3') + 4x(200/ INT. P=60") Bennie	2x(800/3.42'-3.49' P=4') + 2x(400/1.47'-1.52' P=2')	2x(800/3.26'-3.32' P=3.30') + 2x(600/2.30'-2.34' P=2.30')	2x(800/3.12'-3.17' P=3.30') + 3x(600/2.20'-2.24' P=2.30')
23-jun-24	Pyramidelooop: 3x 7' T1 <<<< EXT. >>>> T1 P=3'	Pyramidelooop: 3x 8' T1 <<<< EXT. >>>> T1 P=3'	Pyramidelooop: 3x 8' T1 <<<< T10 >>>> T1 P=2.30'	Pyramidelooop: 3x 10' T1 <<<< T10 >>>> T1 P=2'
30-jun-24	Lucie	Ursula	Gijs	Doné
7-jul-24	3x200/ INT. P=60" + 2x400/ INT. P=1.55' + 1x1000/ INT.'	3x200/51" P=55" + 1x400/1.46' P=1.45' + 1x 600/2.46' P=3' + 1x1500/7.30'-7.46'	3x200/48" P=60" + 2x400/1.39' P=1.45' + 1x 600/2.34' P=3' + 1x1500/6.49'-7.02'	4x200/45" P=55" + 2x400/1.32' P=1.45' + 1x600/2.24' P=3' + 1x2000/8.34'-8.49'
14-jul-24	Bennie	Sybylla	Edouard	Christian
21-jul-24	(2x400/1.59'-2.11' P=1.30') SP=2' + (5x200/59"-1.04" P=1')	(3x400/1.51'-1.59' P=1.20') SP=2' + (4x200/55"-59" P=1')	(4x400/1.43'-1.51' P=1.15') SP=3' + (6x200/51"-55" P=1')	(5x400/1.34'-1.43' P=1.10') SP=3' + (8x200/44"-51" P=1')
28-jul-24	Richard	Gijs	Kim	Doné
4-aug-24	2x (5x200 wisseltempo P=60" dribb.) SP5' 200/ EXT. + 200/ INT. + 200/ EXT. + 200/ INT. etc	2x (4x400 wisseltempo P=60" dribb.) SP5' 400/1.51' + 400/2.11' + 400/1.51' + 400/2.11'	2x (5x400 wisseltempo P=40" dribb.) SP5' 400/1.43' + 400/1.58' + 400/1.43' + 400/1.58' etc.	2x (6x400 wisseltempo P=30" dribb.) SP4' 400/1.47 + 400/1.36 + 400/1.47 + 400/1.36 etc
11-aug-24	Ursula	Edouard	Vincent	Christian
18-aug-24	21-jul-24 Minutenloop 4x 3.30' / EXT. P=2.30' dribb Bennie	Minutenloop 4x 4' / EXT. P=2.30' dribb Lucie	Minutenloop 4x 5' /T15 P=3' dribb Vincent	Minutenloop 5x 5' /T15 P=2.30' dribb Vincent
25-aug-24	2x (500/ EXT. + 300/ EXT. + 200/ EXT. + 100/ EXT. P=tot volle min.+1.30' SP=4'	2x (600/2.54'-3.06 + 400/1.52'-1.58 + 200/54"-56" + 100/25") P=tot volle min.+1.30' SP=4'	2x (600/2.39'-2.46' + 400/1.43'-1.47' + 200/50"-52" + 100/24") P=tot volle min.+1.15' SP=4'	2x (800/3.20'-3.35' + 600/2.28'-2.39' + 400/1.36'-1.43') P=tot volle min.+1' SP=4'
1-aug-24	Richard	Bianca	Kim	Doné
8-aug-24	(2x 400/ INT. P=1.30') SP=2' + (5x 200/ INT. P=1')	(4x 400/1.51'-1.59' P=1.20') SP=2' + (6x 200/55"-59" P=1')	(5x 400/1.43'-1.51' P=1.15') SP=3' + (7x 200/51"-55" P=1')	(6x 400/1.34'-1.43' P=1.10') SP=3' + (8x 200/44"-51" P=1')
11-aug-24	Bos/cross-Fartlek Richard	Bos/cross-Fartlek Gijs	Bos/cross-Fartlek Kim	Bos/cross-Fartlek Doné
18-aug-24	Versnellingsloop: 4x 4' versnellen P=50% dribbelpas >>>> hoog tempo Bennie	Versnellingsloop: 4x 5' versnellen P=50% dribbelpas >>>> hoog tempo Lucie	Versnellingsloop: 3x 8' versnellen P=50% dribbelpas >>>> hoog tempo Gijs	Versnellingsloop: 3x 10' versnellen P=50% dribbelpas >>>> hoog tempo Vincent
25-aug-24	2x (600/ EXT. P=3') SP=4' + 4x (400/ EXT. P=2')	2x (800/ EXT. P=3') SP=4' + 4x (400/ EXT. P=2')	2x (800/3.38'-3.49' P=1.50') SP=3' + 3x (600/2.37'-2.46' P=1.30')	2x (800/3.23'-3.32' P=1.45') SP=3' + 4x (600/2.26'-2.34' P=1.20')
1-sep-24	3x (200/ INT. P=1.30' + 400/ INT. P=2.30') Bennie	3x (300/1.22' P=1.20' + 400/1.51' P=2')	4x (300/1.16' P=1.15' + 400/1.49' P=2.30')	4x (300/1.08'-1.13' P=1.10' + 400/1.36'-1.43' P=2.30')
8-sep-24	Tempowisselloop 5x (1.30' / EXT.+ 45" / INT.) P=2'	Tempowisselloop 6x (1.30' / EXT.+ 1' / INT.) P=2'	Tempowisselloop 6x (2' / EXT.+ 1' / INT.) P=2'	Tempowisselloop 8x (2' / EXT.+ 1' / INT.) P=2'
15-sep-24	Gijs	Ursula	Bianca	Christian
22-sep-24	2x 400/ INT + 1x 600/ INT + 1x 1200/ EXT. Richard	2x 400/ INT. P=2' + 1x1000/ INT. P=5' + 1x1500 /EXT Gijs	2x 400/1.41' - 1.46' P=2' + 1x1000/4.25' - 4.37 P=4.30' + 1x1500 /7.09' - 07.30 Edouard	2x 500/1.58'-2.05' P=2' + 1x 1000/4.07' - 4.14' P=4' + 1x 2000/8.57' - 9.14' Christian
29-sep-24	2x (4x200/ INT. P=1') SP=3' Ursula	2x (4x200/53"- 55" P=1') SP=3' Bianca	2x (5x200/49" - 51" P=1') SP=3' Kim	2x (6x200/45"-47" P=1') SP=3' Vincent
	Pyramidelooop 1'+ 2'+ 3'+ 3'+ 2'+ 1' / EXT. P=50%	Pyramidelooop 1'+ 3'+ 4'+ 4'+ 3'+ 1' / EXT. P=50%	Pyramidelooop 1'+ 3'+ 5'+ 5'+ 3'+ 1' / EXT. P=50%	Pyramidelooop 1'+ 3'+ 5'+ 7'+ 5'+ 3'+ 1' /T21 P=50%
	Bennie	Lucie	Gijs	Christian