3-nov-26	2x (600/ EXT. P=3') SP=4'+ 4x (400/ EXT. P=2.15')	2x (800/EXT. P=1.50') SP=3'+ 3x (600/EXT. P=1.30')	2x (800/EXT. P=1.45') SP=3'+ 4x (600/EXT. P=1.20')
	John	Edouard	Sander
10-nov-26	Tempoloop 5X (1'/INT. + 45"/EXT.) SP=2.30'	Tempoloop 6X (1'/INT. + 1'/EXT.) SP=2'	Tempoloop 8X (1'/INT. + 1'/EXT.) SP=1.45'
	Ursula	Kim	Christian
17-nov-26	Tempo interval 8x 1'/EXT. P=1' dribbelen	Tempo interval 10x 1'/EXT. P=30" dribbelen	Tempo interval 12x 1'/EXT. P=30" dribbelen
	John	Frank	Sander
24-nov-26	Min.loop 4x4'/EXT. P=2' dribbel/wandel	Min.loop 6x4'/EXT. P=2'doordribbelen	Min.loop 7x4'/EXT. P=2'doordribbelen
	Sybylla	Ursula	Christian
1-dec-26	3x1000/EXT. P= 3' doorwandelen	5x1000/EXT. P= 2.15' dribb.	6x1000/EXT. P=2' dribb.
8-dec-26	Duurloop T1/15' + T2/15'	Duurloop T1/15' + T2/15' + T1/10'	Duurloop T1/15' + T2/20' + T1/15'
15-dec-26	Tempoloop: 3x (3'/T2 + 2'/INT.) P=3' wandelen	Tempoloop 4x (3'/T2 + 2'/ INT.) P=3'dribbelen	Tempoloop 4x (4'/T2 + 2'/INT.) P=3'dribbelen
22-dec-26	(6x200/INT" P=50") SP=4' + (2x200/VERSNELLINGSLOOP)	(7x200/INT" P=45") SP=4' + (2x200/VERSNELLINGSLOOP)	(8x200/INT" P=40") SP=4' + (4x200/VERSNELLINGSLOOP)
29-dec-26	Minutenloop 4x3' /EXT. P=1.30' dribb	Minutenloop 5-4 x4' /EXT. P=2' dribb	Minutenloop 6-5 x5' /EXT. P=2.15' dribb
5-jan-27	Versnellingsloop: 1x 6'/EXT. P=3'+ 2x 3'/EXT. P=1.30' dribbelpas >>>> hoog tempo	Versnellingsloop: 1x 10'/EXT. P=5' + 2x 5'/EXT. P=2.30' dribbelpas >>>> hoog tempo	Versnellingsloop: 1X 12'/EXT. P=6' + 2x 6'/EXT. P=3' dribbelpas >>>> hoog tempo
12-jan-27	2x (3x 400/ EXT. P=2') SP=3.30'	2x (4x 400/EXT. P=60") SP=3'	2x (5x 400/EXT. P=60") SP=4'
19-1-2027	Pyramideloop 1'+ 2'+ 3' + 3' + 2'+ 1' / EXT. P=50%	Pyramideloop 1'+ 3'+ 5' + 5' + 3'+ 1' / EXT. P=50%	Pyramideloop 1'+ 3'+ 5' + 7' + 5'+ 3' + 1' /EXT. P=50%
26-1-2027	5x (100/INT. P=30" + 300/EXT.) P=2.30'	5x (200/INT. P=45" + 300/EXT.) SP=2.50'	5x (300/INT. P=30" + 400/EXT.) SP=2.40'
2-2-2027	Versnellingsloop:2x3' + 2x2' + 2x1' P=50% dribbelpas >>>> doorversnellen naar hoog tempo	Versnellingsloop:2x5' + 2x4' + 2x1' P=50% dribbelpas >>>> doorversnellen naar hoog tempo	Versnellingsloop:2x6' + 2x4' + 2x2' P=50% dribbelpas >>>> doorversnellen naar hoog tempo
9-2-2027	Tempowisselloop 6x 2'/EXT.>> INT. P=1.30' dribb)	Tempowisselloop 8x 2'/EXT.>> INT. P=1' dribb)	Tempowisselloop 10x 2'/EXT.>> INT. P=1' dribb)
16-2-2027	2x (3x 400/ EXT. P=2') SP=3.30'	2x (4x 400/EXT. P=60") SP=3'	2x (5x 400/EXT. P=60") SP=4'
23-2-2027	Tempo interval 6x 1'/INT. P=1.30' dribbelen	Tempo interval 8x 1'/INT. P=1.30' dribbelen	Tempo interval 10x 1'/INT. P=1.10" dribbelen
2-3-2027	Fartlek	Fartlek	Fartlek