1-nov-26	Bos/cross/Fartlek	Bos/cross/Fartlek	Bos/cross/Fartlek	Bos/cross/Fartlek
	Richard	Sybylla	Edouard	Doné
8-nov-26	(2x400/EXT. P=1.15') SP=3' (3x300/EXT P=1')	2x (3x400/EXT. P=1.05') SP=3'	2x (4x400/EXT. P=55') SP=3'	2x (5x400/EXT. P=50') SP=3'
	Gijs	Bianca	Vincent	Wilfried
15-nov-26	Pyramideloop 1' + 3' + 5' + 4' + 3'+ 1' / EXT. P=50%	Pyramideloop 2'+ 4'+ 6'+ 5' + 3'+ 1' / EXT. P=50%	Pyramideloop 2'+ 4'+ 6'+ 6' + 3'+ 1' / EXT. P=50%	Pyrmideloop 2'+ 4'+ 6'+ 8' + 5'+ 3' /EXT. P=50%
	Bennie	Gijs	Kim	Christian
22-nov-26	(3x300/EXT. P=1.15') SP=3' + (5x200/EXT. P=50")	(3x400/EXT. P=1.30') SP=3' + (6x200/EXT. P=45")	(4x400/EXT. P=1.20') SP=3' + (6x200/EXT. P=35")	(5x400/EXT. P=1.10') SP=3' + (8x200/EXT. P=30")
	Richard	Bennie	Vincent	Doné
29-nov-26	Versnellingsloop 6x 1' / T1 >>>>steeds sneller >>> P=1.30' dribbelpas/wandelen	Versnellingsloop 7x 1' / T1. >>>>steeds sneller >>> P=1.30' dribbelpas	Versnellingsloop 9x 1.15' /T1 >>>>> steeds sneller >>> P=1' dribbelpas	Versnellingsloop 10x 1.30' /T1 >>>>> steeds sneller >>> P=1' dribbelpas
	Gijs	Bianca	Kim	Wilfried
6-dec-26	(2x600/ EXT. P=2') + (1x600/idem, laatste 200 mtr versnellen P=2') + (1x600/ elke 200 versnell. naar max.)	(2x800/ EXT. P=2') + (1x800/idem, laatste 400 mtr versnellen P=2') + (1x800/ elke 200 versnell. naar max.)	(2x1000/EXT. P=3') + (2x1000/idem, laatste 400 mtr versnellen P=3') + (1x1000/elke 200 versnell. naar max.)	(2x1000/EXT. P=2.30') + (2x1000/idem, laatste 400 mtr versnellen P=2.30') + (2x1000/elke 200 versnell. naar max.)
13-dec-26	Min.loop: 3'+ 2'+ 1'+ 1' + 2'+ 3'/ EXT. P=2'	Min.loop: 4'+ 3'+ 2'+ 1'+ 2'+ 3'/ EXT. P=2'	Min.loop: 5'+ 4'+ 3'+ 2'+ 1'+ 2'+ 3'/ EXT. P=2'	Min.loop: 5'+ 4'+ 3'+ 2'+ 1'+2'+ 3'+ 4'/EXT. P=2'
20-dec-26	Bos/Cross/Fartlek	Bos/Cross/Fartlek	Bos/Cross/Fartlek	Bos/Cross/Fartlek
27-dec-26	(2x200/HARD P=1) + (1x600/INT.' P=5') + (2x200/EXT. P=30")	(3x200/HARD P=1) + (1x800/INT.' P=5') + (3x200/EXT. P=30")	(3x200/HARD P=1) + (1x1000/INT.' P=5') + (3x200/EXT. P=30")	(4x200/HARD P=1) + (1x1000/INT.' P=4') + (4x200/EXT. P=30")
3-jan-27	Duurloop 2x (T1/10' + T2/6') P=5' wandelen	Duurloop T1/10' + T2/10' + T1/10' + T2/6'	Duurloop T1/15' + T2/10' + T1/10' + T2/15'	Duurloop T1/20' + T2/10' + T1/15' + T2/15'
10-jan-27	(2x1000/EXT. P=4') SP=6' + (4x100/INT. P=100 dribb.)	(2x1200/EXT. P=4') SP=6' + (3x200/INT. P=200 dribb.)	(2x1500/EXT. P=4') SP=6' + (4x200/INT. P=200 dribb.)	(2x2000/EXT. P=4') SP=6' + (5x200/INT. P=200 dribb.)
17-1-2027	Tempointerval 5x(2'/EXT. P=2')	Tempointerval 5x(2.30'/EXT. P=1.30')	Tempointerval 5x(3'/EXT. P=1.30')	Tempointerval 6x(3'/EXT. P=1.30')
24-1-2027	Bos/Cross/Fartlek	Bos/Cross/Fartlek	Bos/Cross/Fartlek	Bos/Cross/Fartlek
31-1-2027	Tempoloop: 4x 2' /INT. P=3' dribb	Tempoloop: 3x 3.30' /INT. P=3' dribb	Tempoloop 3x 4' /INT. P=4' dribb	Tempoloop 3x 6' /INT. P=5' dribb
7-2-2027	2x (600/ EXT. P=1.40') SP=4'+ 4x (400/ EXT. P=1.15')	2x (800/ EXT. P=2') SP=4'+ 4x (400/ EXT. P=1.15')	2x (800/EXT. P=1.55') SP=3'+ 3x (600/EXT. P=1.30')	2x (800/EXT. P=1.45') SP=3'+ 4x (600/EXT. P=1.20')
14-2-2027	Pyramideloop 2x1' + 2x1.30' + 1X 2'+ 2x1.30' + 2X1' / INT P=50%	Pyramideloop 2x1' + 2x1.30' + 1x3'+ 2x1.30'+ 2x1' /EXT.P=50%	Pyramideloop 2x1' + 2x2' + 1x4'+ 2x2'+ 2x1' /EXT. P=50%	Pyramideloop 2x1' + 2x2' + 1x5'+ 2x2'+ 2x1' /EXT. P=50%
21-2-2027	2x 300/EXT. + 1x 600/EXT. + 1x 1000/ EXT.	2x 400/ INT + 1x 600/ INT + 1x 1200/ EXT.	2x 400/INT. P=2' + 1x1000/INT. P=4.30' +1x1500 EXT.	2x 500/INT. P=2' + 1x 1000/INT. P=4' + 1x 2000/EXT.
28-2-2027	Minutenloop 3x (4'/EXT.) P=2' wandelen / dribbelen	Minutenloop 2x (8'/EXT.) P=4' wandelen / dribbelen	Minutenloop 2x (10'/EXT.) P=5' dribbelen	Minutenloop 2x (12'/EXT') P=6' dribbelen