

Groep 1

| Week | | Groep | | Interval | | Rust | | Duurloop | | Rust | | Duur | |
|------|-------|-------|-----|--------------------------------|--|---|--|----------|-----|------|------------------|------------------------------|--|
| | | | | Rust 100m bij afstand t/m 300m | | Rust 200m bij afstand t/m 400m en hoger | | | | | | excl. in- en uitlopen 2 x 5' | |
| | | ma. | di. | wo. | | | | do. | vr. | za. | zo. | | |
| 50 | 2 + 3 | Oef. | 1x | 800 600 400 | | | | | 35' | | 7 km 56' | | |
| 51 | 2 + 3 | Oef. | 1x | 800 600 400 300 | | | | | 40' | | 8 km of 65' | | |
| 52 | 2 + 3 | Oef. | 4x | 500 | | | | | 40' | | Fartlek 7 km 60' | | |
| 1 | 2 + 3 | Oef. | 1x | 1x300 2x200 2x400 2x200 1x300 | | | | | 35' | | Bosloop | | |
| 2 | 2 + 3 | Oef. | 3x | 700 | | | | | 30' | | Annendaalloop | | |
| 3 | 2 + 3 | Oef. | 1x | 2x600 2x400 | | | | | 45' | | 8 km of 65' | | |
| 4 | 2 + 3 | Oef. | 1x | 1x600 3x300 1x600 | | | | | 40' | | Fartlek 7 km 60' | | |
| 5 | 2 + 3 | Oef. | 1x | 2x400 3x300 4x100 | | | | | 35' | | 8 km 65' | | |
| 6 | 2 + 3 | Oef. | 2x | 200 300 100 300 200 | | | | | 35' | | Bosloop | | |
| 7 | 2 + 3 | Oef. | 7x | 300 | | | | | 40' | | 7 km of 56' | | |
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