Groep 4 + 5 RV Kranenbroek

| Week | Groep | Duurloop | Rust | Interval<br>Rust 100m bij afstand t/m 300m<br>Rust 200m bij afstand t/m 400m en hoger | Rust | Duurloop | Rust | Duur excl. in- en uitlopen 2 x 5' |
|---|---|---|---|---|---|---|---|---|
| | | ma. | di. | | wo. | do. | vr. | za. | zo. |
| 7 | 4 + 5 | 35' | | 15x | 300 | | 50' | | 21 km |
| | | | | | | | | | |
| 8 | 4 + 5 | 35' | | 3 of 4 | 500-400-300-200 | | 50' | | 19 km Fartlek |
| | | | | | | | | | |
| 9 | 4 + 5 | 35' | | 1x | 5x 400 + 5x 200 + 5x 400 | | 50' | | 18 km |
| | | | | | | | | | |
| 10 | 4 + 5 | 35' | | 8x | 500 | | 50' | | Bosloop |
| | | | | | | | | | |
| 11 | 4 + 5 | 35' | | 1x | 400-600-800-1000-800-600-400 | | 50' | | 19 km |
| | | | | | | | | | |
| 12 | 4 + 5 | 35' | | 8x | 600 | | 50' | | Heuvel training 17 km |
| | | | | | | | | | |
| 13 | 4 + 5 | 35' | | 1x | 10x 200 + 1x 1000 + 10x 200 | | 50' | | 21 km |
| | | | | | | | | | |
| 14 | 4 + 5 | 35' | | 10x | 2x 800 + 3x 500 + 2x 800 | | 50' | | Goede Doelen Bosloop |
| | | | | | | | | | |
| 15 | 4 + 5 | 35' | | 1x | 3' 6' 9' 6' 3' Rust 2' | | 50' | | 18 km |
| | | | | | | | | | |
| 16 | 4 + 5 | 35' | | 16 x | 1' Rust 1' | | 50' | | 20 |
| | | | | | | | | | |
| | | | | | | | | | |