Groep 1 RV Kranenbroek

| Week | 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<br>excl. in- en uitlopen 2 x 5' |
|---|---|---|---|---|---|---|---|
| | ma. | di. | wo. | do. | vr. | za. | zo. |
| 15 | Oef. | 3x | 800 | | 30' | | Bosloop |
| | | | | | | | |
| 16 | Oef. | 4x | 3' 2' Rust 2' | | 30' | | 45' |
| | | | | | | | |
| 17 | Oef. | 3x | 1' 2' 3' Rust 2' | | 30' | | VV Sint Joost 50' |
| | | | | | | | |
| 18 | Oef. | 7x | 3' tempo Rust 2' | | 30' | | 55' |
| | | | | | | | |
| 19 | Oef. | 1x | 2' 3' 4' 5' 4' 3' 2' Rust 2' | | 30' | | Heuveltraining 40' |
| | | | | | | | |
| 20 | Oef. | 18x | 1' Rust 1' | | 30' | | 50' |
| | | | | | | | |
| 21 | Oef. | 1x | 1' 2' 4' 6' 4' 2' 1' Rust 2' | | 30' | | VV Sint Joost 45' |
| | | | | | | | |
| 22 | Oef. | 4x | 2' 4' Rust 2' | | 30' | | 55' |
| | | | | | | | |
| 23 | Oef. | 1x | 3' 6' 9' 6' 3' Rust 2' | | 30' | | Fartlek 45' |
| | | | | | | | |
| 24 | Oef. | 9x | 2' Rust 2' | | 30' | | 50' |
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