

Groep 1 RV Kranenbroek

| Week     |      |  |     | Interval                                 |  |  |  | Rust     |     |  |                    | Duur<br>excl. in- en<br>uitlopen 2x5' |
|----------|------|--|-----|------------------------------------------|--|--|--|----------|-----|--|--------------------|---------------------------------------|
| Duurloop |      |  |     | Rust                                     |  |  |  | Duurloop |     |  |                    |                                       |
| ma.      |      |  |     | wo.                                      |  |  |  | do.      |     |  |                    |                                       |
| di.      |      |  |     | vr.                                      |  |  |  | za.      |     |  |                    |                                       |
| zo.      |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 23       | Oef. |  | 3x  | 3'2'1' Rust 2'                           |  |  |  |          | 30' |  | 50'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 24       | Oef. |  | 18x | 1' Rust 1'                               |  |  |  |          | 30' |  | Heuveltraining 40' |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 25       | Oef. |  | 1x  | 1' 2' 3' 5' 3' 2' 1' Rust 2'             |  |  |  |          | 30' |  | 45'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 26       | Oef. |  | 4x  | 3' 2' Rust 2'                            |  |  |  |          | 30' |  | 50'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 27       | Oef. |  | 1x  | 1' 2' 3' 4' 3' 2' 1'                     |  |  |  |          | 30' |  | 60'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 28       | Oef. |  | 7x  | 3' Rust 2'                               |  |  |  |          | 30' |  | Fartlek 40'        |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 29       | Oef. |  | 2x  | 1,5'T 1,5'R - 4T 2'R - 1,5T 1,5R - 1T 1R |  |  |  |          | 30' |  | 60'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 30       | Oef. |  | 3x  | 4' 2' Rust 2'                            |  |  |  |          | 30' |  | 50'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 31       | Oef. |  | 1x  | 3' 5' 8' 5' 3' Rust 2'                   |  |  |  |          | 30' |  | 40'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
| 32       | Oef. |  | 9x  | 2' Rust 2'                               |  |  |  |          | 30' |  | 45'                |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |
|          |      |  |     |                                          |  |  |  |          |     |  |                    |                                       |