

Groep 2 + 3 RV Kranenbroek

Interval							
Week		Duurloop		Rust		Rust	
ma.		di.		wo.		do.	
35'				3'2'1' Rust 2'		45'	
23			3x				56'
24	35'		18x	1' Rust 1'		40'	Heuveltraining 48'
25	35'		1x	1' 2' 3' 5' 3' 2' 1' Rust 2'		50'	70'
26	35'		4x	3' 2' Rust 2'		45'	55'
27	35'		1x	1' 2' 3' 4' 3' 2' 1'		50'	60'
28	35'		7x	3' Rust 2'		40'	Fartlek 55'
29	35'		2x	1,5'T 1,5'R - 4T 2'R - 1,5T 1,5R - 1T 1R		50'	80'
30	35'		3x	4' 2' Rust 2'		50'	70'
31	35'		1x	3' 5' 8' 5' 3' Rust 2'		40'	55'
32	35'		9x	2' Rust 2'		50'	70'