

Groep 4 + 5 RV Kranenbroek

Interval							
Week		Duurloop		Rust		Interval	
ma.		di.		wo.		do.	
35'		3x		3'2'1' Rust 2'		50'	
23							22 km
24	35'		18x	1' Rust 1'		50'	Heuveltraining 16 km
25	35'		1x	1' 2' 3' 5' 3' 2' 1' Rust 2'		50'	17 km
26	35'		4x	3' 2' Rust 2'		50'	19 km
27	35'		1x	1' 2' 3' 4' 3' 2' 1'		50'	20 km
28	35'		7x	3' Rust 2'		50'	Fartlek 15 km
29	35'		2x	1,5'T 1,5'R - 4T 2'R - 1,5T 1,5R - 1T 1R		50'	22 km
30	35'		3x	4' 2' Rust 2'		50'	19 km
31	35'		1x	3' 5' 8' 5' 3' Rust 2'		50'	18 km
32	35'		9x	2' Rust 2'		50'	22 km