

Groep 4 + 5 RV Kranenbroek

Interval							
Week		Duurloop		Rust		Rust	
ma.		di.		wo.		do.	
35'		1x		1'2'3'5'3'2'1 Rust 2'		50'	
				Rust 2'			
34		35'		3x		50'	
				3'2'1' Rust 2'			
				34'			
35		35'		2x		50'	
				3'5'3' Rust 2'			
				34			
36		35'		4x		50'	
				3'2' Rust 2'			
				34'			
37		35'		1x		50'	
				1' 2' 3' 5' 3' 2' 1'			
38		35'		2x		50'	
				600-800-1000-800-600			
39		35'		4x		50'	
				500 400 300 200			
40		35'		10x		50'	
				500			
41		35'		1x		50'	
				2 x 800 1 x 1000 1 x 1600			
42		35'		15		50'	
				300			