

Groep 2 + 3 RV Kranenbroek

| Week |      |  |     | Interval                                                                  |  |  |  | Rust |  |  |     | Duurloop |  |                      |  | Rust                                    |  |  |  | Duur |  |  |  |
|------|------|--|-----|---------------------------------------------------------------------------|--|--|--|------|--|--|-----|----------|--|----------------------|--|-----------------------------------------|--|--|--|------|--|--|--|
|      |      |  |     | Rust 100m bij afstand t/m 300m<br>Rust 200m bij afstand t/m 400m en hoger |  |  |  |      |  |  |     | Rust     |  |                      |  | Duur<br>excl. in- en<br>uitlopen 2 x 5' |  |  |  |      |  |  |  |
|      |      |  |     | wo.                                                                       |  |  |  | do.  |  |  |     | vr.      |  |                      |  | za.                                     |  |  |  | zo.  |  |  |  |
| 11   | Oef. |  | 1 x | 5 x 200 + 1 x 800 + 5 x 200                                               |  |  |  |      |  |  | 30' |          |  | 55'                  |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 12   | Oef. |  | 5x  | 600                                                                       |  |  |  |      |  |  | 30' |          |  | 60'                  |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 13   | Oef. |  | 1x  | 1 x 600 + 5 x 300 + 1 x 600                                               |  |  |  |      |  |  | 30' |          |  | Heuveltraining 45'   |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 14   | Oef. |  | 7x  | 400                                                                       |  |  |  |      |  |  | 30' |          |  | 65'                  |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 15   | Oef. |  | 2x  | 500 400 300 200                                                           |  |  |  |      |  |  | 30' |          |  | Bosloop Goede Doelen |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 16   | Oef. |  | 1x  | 1'2'3'5'3'2'1 Rust 2'                                                     |  |  |  |      |  |  | 30' |          |  | 50'                  |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 17   | Oef. |  | 3x  | 3'2'1' Rust 2'                                                            |  |  |  |      |  |  | 30' |          |  | 55'                  |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 18   | Oef. |  | 6x  | 3' tempo Rust 2'                                                          |  |  |  |      |  |  | 30' |          |  | Fartlek 40'          |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 19   | Oef. |  | 4x  | 3'2' Rust 2'                                                              |  |  |  |      |  |  | 30' |          |  | 60'                  |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
| 20   | Oef. |  | 1x  | 4' tempo Rust 2                                                           |  |  |  |      |  |  | 30' |          |  | 45'                  |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |
|      |      |  |     |                                                                           |  |  |  |      |  |  |     |          |  |                      |  |                                         |  |  |  |      |  |  |  |