

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
6-12/1/25	9'-1', 8'-2', 7'-3', 6'-4', T: rustig-AD, rustig-AD, etc		7* 1km p 2' T: AD/10k		6 x (100-200-300), IP 100, SP 200 T: 100: 3K, 200,300: 5K		3 * 4k, p 3' T: AD+5''
13-19/1-25		dl 80' rustig	1600-2k-1200, 2k -800- 2k, 400m p200m T: 1600m AD, 2km MT, 1200 10k, 2km MT, 800m 5k; 2km MT, 400m hard		8 x 400m heuvel p 400m terug T: AD		9 * (10'rustig, 1' 10k)
20-26/1/25	inlopen, 8* (3'-2') T: rustig- moderate		8 * 600 p 300m T: 5k		1'-2'-3'-3'-2'-1'-2'-3'-3'-2'-1 T 1':5K, 2':10K, 3': AD		60' moderate, 3km AD.
27-2/2/25		4 *(9' rustig- 30'' HMT)	5 * 1600 (400 AD+10''-800 AD-5''- 400 AD+10'') p2'		5 x (500-300), dp200 T: 500: AD, 300: 10k		18* (2'-1') 2'vlot, 1' rustig T vlot 10k/15k
3-9/2/25	20'rustig 10'moderate 20' rustig		3 *3*(1km, p100m) sp 90'' T: AD		10 x 400 p 200m T: 1ste 6: 10K, 6-8: 5K, 9-10: 3k		Climaxduurloop 20'dl 4:45, iedere 5' 10' sneller
10-16/2/25		35'dl rustig	4/5 * (800-400-200) p 200 sp 400 T 800 AD, 400 5k, 200 3k		10' - 10 x 1' 10': AD, 1': afwisselend 3K en 5K		130'dl, met iedere 10' korte versnelling