

Schema groep 7  
30 September t/m 29 December 2018

|                  | Woensdag  | Vrijdag  |
|------------------|---|--|
| 30-sep<br>6-okt  | 2 x 2000 mtr<br>400 mtr wisseltempo<br>dp 500 mtr                     | 12 x 2 min<br>1min dp  |
| 7-okt<br>13-okt  | 10 x 300 mtr<br>heuvel op<br>dp 300 mtr                               | 3 x ( 2 x 300 - 600 mtr<br>dp 100 mtr - sp 200 mtr             |
| 14-okt<br>20-okt | 7 x 800 mtr<br>dp 300 mtr   | 10 x 300 mtr<br>dp 200 mtr                                     |
| 21-okt<br>27-okt | Fartlek<br>( van alles wat)   | 10 x 1 min<br>dp 1min<br>Koplopersfeest                        |
| 28-okt<br>3-nov  | 2-4-6-6-4-2 min<br>dp 50 %  | 12 x 200 mtr dp 100 mtr<br>sp 300 mt<br>5 x 100 mtr dp 100 mtr |
| 4-nov<br>10-nov  | 2 x 1500 mtr<br>2 x 1000 mtr<br>dp 300 mtr                            | 5 x 500 mtr<br>5 x 300 mtr<br>dp 200/100mtr                    |
| 11-nov<br>17-nov | 8 x600 mtr<br>300 mtr langz/ snel<br>dp 300 mtr                       | 10 x 400 mtr<br>dp 200 mtr                                     |
| 18-nov<br>24-nov | 5 x 1000 mtr<br>dp 300 mtr  | 15 x 1 min<br>dp 1 min   |
| 25-nov<br>1-dec  | 5 x 400 mtr<br>dp 100 mtr<br>5 x 2 min dp 1 min<br>Sinterklaasviering | 4 x 400 mtr<br>4 x 300 mtr<br>4 x 200 mtr<br>dp 100 mtr        |
| 2-dec<br>8-dec   | 10 x 500 mtr<br>dp 200 mtr  | 4 x 2 min<br>2 x 4min<br>4 x 2 min<br>dp 2 min                 |
| 9-dec<br>15-dec  | pyramideloop<br>1-2-3-4-5-5-4-3-2-1 min<br>dp 50 %                    | 3 x 1000 mtr<br>5 x 200 mtr<br>dp 200 mtr                      |

|        |                          |                           |
|--------|--------------------------|---------------------------|
| 16-dec | 12 x 2 min               | minutenloop               |
| 22-dec | dp 2 min<br>Kerstviering | 4 x 1-2-3 min<br>dp 1 min |
| 23-dec | Tweede Kerstdag          | 6 x 400 mtr               |
| 29-dec |                          | dp 200 mtr                |