

Schema groep 7

30December t/m 2 Maart 2019

	woensdag	vrijdag
30-dec	2 x 2000 mtr	15 x 1 min
5-jan	400 mtr wisseltempo dp 500 mtr 5 x 1 min dp 1min	dp 1min
6-jan	6 x 500 mtr dp 200 mtr	10 x 300 mtr
12-jan	5 x 2 min dp 1 min Nieuwjaarsreceptie 2019	dp 200 mtr
13-jan	6/7 x 800 mtr	4 x 6 min
19-jan	dp 300mtr	dp 3 min
20-jan	12 x 200mtr	3 x 1000 mtr dp 200 mtr
26-jan	dp 200 mtr sp 300 mtr 5 x 100 mtr dp 100 mtr	staffel 300 -400-300 mtr 300 snel-400 rustig
27-jan	pyramideloop	4 x 400mtr
2-feb	2-4-6-6-4-2 min 50 % rust	4 x 300mtr 4 x 200mtr dp 100 mtr
3-feb	4 x 1500 mtr	4 x 2 min
9-feb	dp 200 mtr	2 x 4 min 4 x 2 min dp 2 min
10-feb	6 x 800mtr	10 x 300 mtr
16-feb	split interval 400 langz/400 snel	dp 200 mtr
17-feb	5 x 10 min	12 x 200 mtr
23-feb	dp 2 min	dp 200 mtr
24-feb	13x 300 mtr	5 x 500 mtr
2-mrt	dp 300 mtr heuvel op	5 x 300 mtr dp 200 / 100 mtr