

Schema groep 7  
5 Augustus t/m 29 September 2018

	Woensdag	Vrijdag
5-aug	5 x 400 mtr	5 x 500 mtr
11-aug	db 100 mtr 5 x 2 min dp 1 min 5 x 1 min dp 1min	5 x 300 mtr dp 200/ 100 mtr
12-aug	6 x 1000 mtr	15 x 1min
18-aug	dp 200 mtr	dp 1 min
19-aug	4 x 6 min dp 3 min	10 x 300 mtr
25-aug	4 x 2 min dp 1min	dp 100 mtr
26-aug	6 x 800 mtr	3 x ( 2 x 300- 600 mtr )
1-sep	db 300 mtr	dp 100 mtr. sp 200 mtr
2-sep	pyramideloop	12 x 200 mtr dp 100 mtr
8-sep	1-2-3-4-5-5-4-3-2-1 min dp 1 min/ 2 MIN	sp 300 mtr 5 x 100 mtr dp 100 mtr
9-sep	6 x 600 -200 mtr	8 x 400 mtr
15-sep	600 langz / 200 snel dp 300 mtr	dp 200 mtr
16-sep	5 x 10 min	3 x1000 mtr
22-sep	dp 2 min	5 x 200 mtr dp 200 mtr
23-sep	5 x 1000 mtr	4 x 2 min
29-sep	dp 300 mtr	4 x 4 min 4 x 2 min dp 2 min

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