

Schema Groep 7
3 juni t/ m 4 augustus 2018

	Woensdag	Vrijdag
3-jun	10 x 400 mtr	15 x 1min
9-jun	dp 200 mtr	dp 1 min
10-jun	12 x200 mtr dp 100 mtr	3 x 5 min
16-jun	5 x 100 mtr dp 100 mtr sp 300 mtr	3 x 4 min 3 x 3 min dp 2 min
17-jun	2-4-6-6-4-2 min	5 x500 mtr
23-jun	50 % rust	5 x300 mtr dp 200/ 100 mtr
24-jun	Fartlek	10 x 300 mtr
30-jun	(van alles wat)	dp 200 mtr
1-jul	6 x 600 -200 mtr	3 x (2x 300 -600mtr
7-jul	600 langz / 200 snel dp 300 mtr	dp 100 mtr - sp 200 mtr
8-jul	5 x 1000 mtr	4 x 6min dp 3 min
14-jul	dp 300 mtr	4 x 2 min dp 1min
15-jul	pyramideloop	10 x 300 mtr
21-jul	1-2-3-4-5-5-4-3-2-1 min dp 50 %	dp 200 mtr
22-jul	7 x 800 mtr	12 x200 mtr dp 100 mtr
28-jul	dp 300 mtr	sp 300 mtr 5 x100 mtr dp 100 mtr
29-jul	2 x 2000 mtr	12 x 2 min
4-aug	400 mtr wisseltempo dp 500 mtr	1 min dp