

Trainingsschema juni 2010		
ma		
di	1	W-up 2x (800 + 1000 m); I = 105%; p 200 m dribb Sp 400 m dribb; 15 min HL
wo	2	DL 2 10 km
do	3	W-up 7x (3 min DL2 + 3 min DL1); 15 min HL
vr	4	rust
za	5	Rustige DL 1 75 min
zo	6	HL 35 min
ma	7	HL 50 min
di	8	W-up 3x[5x 300 m]; I =110% ; p 200 m dribb Sp 400 m dribb; 15 min HL
wo	9	DL 2 12 km
do	10	W-up 40 min DL 1; 5x versnl lp 80m I= 80%; 15 min HL
vr	11	rust
za	12	Wedstrijd 10 km
zo	13	HL 35 min
ma	14	HL 50 min
di	15	W-up 3x 400 m; I =95-100-105%; p 100 m dribb.; 3x800m ; I = 95-100-105% ; p 200 m dribb; 2x 1000 m; I= 100-105%; p 200m dribb Sp 5 min HL; 15 min HL
wo	16	DL 1 10 km
do	17	W-up 7x 5 min DL 2-3, P 2 min dribb; 15 min HL
vr	18	rust
za	19	Rustige DL 1 12- 13 km
zo	20	Bosloop 50 min
ma	21	HL 50 min
di	22	Interne competitie 5000 m op de baan
wo	23	HL 35 min
do	24	Ekiden in Best > inschrijven bij Adrie Louwers, zie PRIKBORD (training vervalt)
vr	25	rust
za	26	Rustige DL 1 13- 14 km
zo	27	Bosloop 60 min
ma	28	HL 50 min
di	29	W-up 3x [800 + 1000 m]; I =105% ; p 200 m dribb Sp 400m dribb; 15 min HL
wo	30	DL 2 10 km