

TRAININGSSCHEMA ALV NIVEAU C 2018

| DATUM | AANTAL KM | | | | UIT TE VOEREN LOOPTRAINING |
|------------------|-----------|-----------|-----------|------------|--|
| | REC | EXT | INT | TOT | |
| WEEK : 6 | | | | | |
| 5 feb 2018 | | | | 0 | rustdag |
| 6 feb 2018 | 8 | | 2 | 10 | inlopen 9 X brug krachtig oplopen uitlopen |
| 7 feb 2018 | 10 | | | 10 | rustige duurloop |
| 8 feb 2018 | | 13 | | 13 | Extensieve duurloop |
| 9 feb 2018 | | | | 0 | rustdag |
| 10 feb 2018 | 10 | | | 10 | rustige duurloop |
| 11 feb 2018 | 8 | | 4 | 12 | Valentijnjogging te Lichtaart |
| TOTAAL KM | 36 | 13 | 6 | 55 | |
| PROCENT | 65 | 24 | 11 | 100 | |
| WEEK : 7 | | | | | |
| 12 feb 2018 | | | | 0 | rustdag |
| 13 feb 2018 | 10 | | | 10 | rustige duurloop |
| 14 feb 2018 | | | | 0 | rustdag |
| 15 feb 2018 | 8 | | 3 | 11 | inlopen 2 X (8 X 200/100) met 300 tss reeksen uitlopen |
| 16 feb 2018 | | | | 0 | rustdag |
| 17 feb 2018 | | 12 | | 12 | Extensieve duurloop |
| 18 feb 2018 | 12 | | | 12 | duurloop met heuvels , training te Technofit Kasterlee om 09uu |
| TOTAAL KM | 30 | 12 | 3 | 45 | |
| PROCENT | 67 | 27 | 7 | 100 | |
| WEEK : 8 | | | | | |
| 19 feb 2018 | | 10 | | 10 | Extensieve duurloop |
| 20 feb 2018 | 9 | | 3 | 12 | inlopen 10 X brug krachtig oplopen uitlopen |
| 21 feb 2018 | | | | 0 | rustdag |
| 22 feb 2018 | 10 | | | 10 | rustige duurloop |
| 23 feb 2018 | | | | 0 | rustdag |
| 24 feb 2018 | | 12 | | 12 | Extensieve duurloop |
| 25 feb 2018 | 15 | | | 15 | Trailloop te Tielen om 09u00, Tjak |
| TOTAAL KM | 34 | 22 | 3 | 59 | |
| PROCENT | 58 | 37 | 5 | 100 | |