

opbouw maand april 2023

trainingselement	
TE	Tempo's
RDL	Rustige duurloop
NDL	Normale duurloop
HDL	Herstelduurloop
WE	Wedstrijd

paasverlof

Marc & Danny

trainingsplanning		trainingsinformatie voor :			
dag		DE ULTRA SPEEDY'S	DE SPEEDY'S	DE GENIETERS	DE ULTRA GENIETERS
1	za				
2	zo				
3	ma	60' RDL	60' RDL	55' RDL	50' RDL
4	di				
5	wo	60' RDL	60' RDL	55' RDL	50' RDL
6	do				
7	vr	75' NDL	75' NDL	65' RDL	50' RDL
8	za				
9	zo				
10	ma	60' RDL	60' RDL	55' RDL	50' RDL
11	di				
12	wo	60' RDL	60' RDL	55' RDL	50' RDL
13	do				
14	vr	75' NDL	75' NDL	65' RDL	50' RDL
15	za				
16	zo				
17	ma	(T100m / J100m , T200m / J100m , T300m / J100m) X6			
18	di				
19	wo	60' RDL	60' RDL	55' RDL	50' RDL
20	do				
21	vr	75' NDL	75' NDL	65' RDL	50' RDL
22	za				
23	zo				
24	ma	(T100m/J200m, T200m/J200m, T400m/J200m) X4			
25	di				
26	wo	60' RDL	60' RDL	55' RDL	50' RDL
27	do				
28	vr	75' NDL	75' NDL	65' RDL	50' RDL
29	za				
30	zo				