Runinfo.nl

# Trainingsschema 10 km halfgevorderd

| | Datum | Ma | Di | Wo | Do | Vr | Za | Zo | Totaal |
|---|---|---|---|---|---|---|---|---|---|
| **Algemene voorbereidingsperiode** | | | | | | | | | |
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |
| 6 | | | | | | | | | |
| **Specifieke voorbereidingsperiode** | | | | | | | | | |
| 7 | | | | | | | | | |
| 8 | | | | | | | | | |
| 9 | | | | | | | | | |
| 10 | | | | | | | | | |
| 11 | | | | | | | | | |

**Trainingsschema 10 km halfgevorderd (vervolg)**

| | Datum | Ma | Di | Wo | Do | Vr | Za | Zo | Totaal |
|---|---|---|---|---|---|---|---|---|---|
| **Intensieve periode** | | | | | | | | | |
| 12 | | | | | | | | | |
| 13 | | | | | | | | | |
| 14 | | | | | | | | | |
| **De laatste twee weken** | | | | | | | | | |
| 15 | | | | | | | | | |
| 16 | | | | | | | | | |