

### Week 1

Di baan of 50 min dl 1  
Do 12/ 15 x 200 meter  
Za bostr of 15x 2 min- 3 min wdw  
Zo 15 min dl1- 45 dl2- 15 dl1

### Week 2

Di baan of 10 dl1-30 dl 2- 10 dl1  
Do 12/15 x200 meter  
Za bostr of 4 x 1000 meter  
Zo 60 min dl1 met 5 x 1 min versnellen

### Week 3

Di baan of 50 min dl1  
Do 12/15 x 200 meter  
Za bostr of 10 x 2 min – 3 min wdw  
Zo dl1 15min-dl2 15min- dl3 10min- dl2 15min- dl1 15min

### Week 4

Di baan of 60 min dl 1  
Do 12/15 x 200 meter  
Za bostr of 5 x 1000 meter  
Zo 60 min dl1 met 5 x 1 min versn