



### Trainingsvorm

warming up, cooling down, techniekoefeningen

duurtrainingen parcours vlak

(tempo) duurtrainingen met langere tempoblokken

cientie intervaltraining met langere blokken (3-30 min) & relatief korte rust

intervaltraining met korte blokken (1-6 min) op hoge snelheid en intensiteit

korte intensieve intervallen (0,5 - 3 min), gecontroleerd sprinten / voluit sprinten

| 2023                 |        |        |        |        |        |        |          |        |
|----------------------|--------|--------|--------|--------|--------|--------|----------|--------|
| 8                    | 9      | 10     | 11     | 12     | 13     | 14     | 15       | 16     |
| 22-feb               | 1-mrt  | 8-mrt  | 15-mrt | 22-mrt | 29-mrt | 5-apr  | 12-apr   | 19-apr |
| 10 min               | 10 min | 10 min | 10 min | 10 min | Z1     | 10 min | Z1       | 10 min |
| 30 min               | 25 min | 25 min | 20 min | 20 min |        | 40 min |          | 40 min |
| 30 min               | 30 min | 30 min | 25 min | 25 min |        | 30 min |          | 30 min |
| 10 min               | 15 min | 15 min | 20 min | 20 min |        | 20 min |          | 20 min |
| 5 min                | 5 min  | 5 min  | 5 min  | 5 min  |        | 5 min  |          | 5 min  |
|                      |        |        | 5 min  | 5 min  |        | 5 min  |          | 5 min  |
| 5 min                | 5 min  | 5 min  | 5 min  | 5 min  |        | 10 min |          | 10 min |
| Binnen               | Binnen | Binnen | Binnen | Binnen | Elslo  | T baan | Loorberg | T baan |
| Periodisering OPBOUW |        |        |        |        |        |        |          |        |

| 17      | 18                                       | 19          | 20         | 21      | 22     | 23    | 24     | 25     |
|---------|--|-------------|------------|---------|--------|-------|--------|--------|
| 26-apr  | 3-mei                                    | 10-mei      | 17-mei     | 24-mei  | 31-mei | 7-jun | 14-jun | 21-jun |
| Z2      | 10 min                                   | Z2          |            | Z2      | Z3     | Z3    | 10 min | 10 min |
|         | 30 min                                   |             |            |         |        |       |        |        |
|         | 40 min                                   |             |            |         |        |       | 80 min | 70 min |
|         | 20 min                                   |             |            |         |        |       | 20 min | 30 min |
|         | 5 min                                    |             |            |         |        |       | 5 min  | 5 min  |
|         | 5 min                                    |             |            |         |        |       |        |        |
|         | 10 min                                   |             |            |         |        |       | 5 min  | 5 min  |
| Camerig | T baan                                   | Mingersborg | Voerstreek | Camerig | Eifel  | Elslo | T baan | T baan |
|         | <b>Periode Buiten opbouw naar Battle</b> |             |            |         |        |       |        |        |

| 26                           | 27      | 28     | 29      | 30     | 31      | 32     | 33      | 34     |
|------------------------------|---------|--------|---------|--------|---------|--------|---------|--------|
| 28-jun                       | 5-jul   | 12-jul | 19-jul  | 26-jul | 2-aug   | 9-aug  | 16-aug  | 23-aug |
|                              |         | 10 min |         | 10 min |         | 10 min |         | 10 min |
|                              | Z2      | 60 min | Z2      |        | Z2      |        | Z2      | 20 min |
|                              |         | 30 min |         |        |         |        |         | 80 min |
|                              |         | 15 min |         | 70 min |         | 70 min |         |        |
|                              |         |        |         | 20 min |         | 20 min |         |        |
|                              |         |        |         | 10 min |         | 10 min |         |        |
|                              |         | 5 min  |         | 10 min |         | 10 min |         | 10 min |
| <b>Battle</b>                | Tourrit | T baan | Tourrit | T baan | Tourrit | T baan | Tourrit | T baan |
| <b>Periode Buiten afbouw</b> |         |        |         |        |         |        |         |        |

**2023**

| 35           | 36     | 37     | 38     | 39     | 40     | 41     | 42     | 43     |
|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
| 30-aug       | 6-sep  | 13-sep | 20-sep | 27-sep | 4-okt  | 11-okt | 18-okt | 25-okt |
| 10 min       | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min |
|              |        |        |        |        | 35 min | 40 min | 15 min | 20 min |
| 70 min       | 65 min | 60 min | 55 min | 50 min | 65 min | 60 min | 55 min | 50 min |
| 30 min       | 35 min | 40 min | 45 min | 50 min |        |        |        |        |
|              |        |        |        |        |        |        |        |        |
|              |        |        |        |        |        |        |        |        |
| 10 min       | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min |
| T baan       | T baan | T baan | T baan | T baan | T baan | T baan | Binnen | Binnen |
| naar herstel |        |        |        |        |        |        |        |        |

| 44                             | 45     | 46     | 47     | 48     | 49     | 50     | 51     | 52     |
|--------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1-nov                          | 8-nov  | 15-nov | 22-nov | 29-nov | 6-dec  | 13-dec | 20-dec | 27-dec |
| 10 min                         | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min |
| 25min                          | 30 min | 35 min | 40 min | 35 min | 40 min | 45 min | 50 min | 55 mi% |
| 45 min                         | 40 min | 35 min | 30 min | 25 min | 20 min | 15 min | 10 min | 5 min  |
|                                |        |        |        |        |        |        |        |        |
|                                |        |        |        |        |        |        |        |        |
|                                |        |        |        |        |        |        |        |        |
| 10 min                         | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min | 10 min |
| Binnen                         | Binnen | Binnen | Binnen | Binnen | Binnen | Binnen | Binnen | Binnen |
| <b>Herstelperiode/techniek</b> |        |        |        |        |        |        |        |        |

