

	Dag week											A(HM)	B(HM)	C(HM)	D(HM)	D(10km)	E(10km)	E(5km)	S2R			
		Ma	Di					Wo	Do					Vr	Za							
			A/B	C	D	E	R2S		A/B	C	D	E	R2S		A	B	C	D	D	E	E	S2R
Jan	1	29-Dec	30-Dec					31-Dec	1-Jan					2-Jan	3-Jan							
	H	H	15x 400m						Geen training (Nieuwjaarsdag)						Alle groepen UT							
	km		6	5	4,5	3,5	0		13	10	8	5	0		16	14	12	9	9	6	6	0
	2	5-Jan	6-Jan					7-Jan	8-Jan					9-Jan	10-Jan							
	O	O	Series (200-300) / Series (500m-400m-300m)						A/B: D1-25: D2-25; D1-25 C/D: D1-20: D2-20: D1-20						Usselo (Haninks dientje) (alle groepen)							
	km		6	5	4,5	3,5	0		13	10	8	5	0		17	14	12	10	10	7	6	0
	3	12-Jan	13-Jan					14-Jan	15-Jan					16-Jan	17-Jan							
	O	O	Series (200-300-400m) / Series (600 + 800m)						A/B: D1-20: D2-15: D1-25: D2-15 C/D: D1-20: D2-10: D1-20: D2-10						Zwaantje de Lutte (alle groepen)							
	km		6	5	4,5	3,5	0		13	10	8	5	0		18	15	13	11	10	7	6	0
Feb	4	19-Jan	20-Jan					21-Jan	22-Jan					23-Jan	24-Jan							
	O	O	Series (200-300) / Series 800m						A/B: D1-10: D2-15: D3-10: D2-10: D3-10: D2-10: D1-10						Lonneker (alle groepen)							
	km		6	5	4,5	3,5	0		13	10	8	5	0		19	16	14	12	10	7	6	0
	5	26-Jan	27-Jan					28-Jan	29-Jan					30-Jan	31-Jan							
	T	T	Series 400m / Series 1000m						A/B: D1-10: D2-20: D3-15: D2-20: D1-10 C/D: D1-10: D2-15: D3-10: D2-15: D1-10 E: D1-10: D2-10: D3-5: D2-10: D1-10						Buursestraat (alle groepen)							
	km		6	5	4,5	3,5	0		13	10	8	5	0		20	17	15	13	11	8	7	0
	6	2-Feb	3-Feb					4-Feb	5-Feb					6-Feb	7-Feb							
	H	H	Vaartspel						D1-60 E: D1-50						Ac-Tion (alle groepen)							
	km		7	6	4,5	3,5	0		13	10	8	5	0		17	14	12	10	8	6	5	0
Maart	7	9-Feb	10-Feb					11-Feb	12-Feb					13-Feb	14-Feb							
	O	O	Series (200-300) / Series 800m						A/B: 8X 6min (3 min herstel) C/D: 8X 5min (3 min herstel)						Hof Espelo (alle groepen)							
	km		7	6	4,5	3,5	0		13	10	8	5	0		18	15	13	11	9	7	6	0
	8	16-Feb	17-Feb					18-Feb	19-Feb					20-Feb	21-Feb							
	O	O	5(600m-400m-200m)						Series van (8 min, H=4 min) A,B : 7 series C, D: 6 series						A,B,C Nijverdal (Holterberg) D +E Bommelas							
	km		7	6	4,5	3,5	0		13	10	8	5	0		19	16	14	12	10	7	6	TestLoo
	9	23-Feb	24-Feb					25-Feb	26-Feb					27-Feb	28-Feb							
	T	T	Series 400m / Series (1000-800-600-500-400-200)						A,B: D1-15, D2-15,D3-15,D2-15, D1-15 C, D: D1-12, D2-12,D3-12,D2-12, D1-12 E: D1-10, D2-10,D3-10,D2-10, D1-10						Delden (alle groepen)							
	km		7	6	4,5	3,5	2,5		13	11	8	5	0		20	17	15	14	11	8	8	3,5
April	10	2-Mar	3-Mar					4-Mar	5-Mar					6-Mar	7-Mar							
	H	H	Series (200-300) / Series (600m-400m)						D1-60 E: D1-50						UT							
	km		7	6	4,5	3,5	3		13	11	9	5	0		18	15	14	13	9	8	8	4
	11	9-Mar	10-Mar					11-Mar	12-Mar					13-Mar	14-Mar							
	O	O	Series 400m / Series 800m						Trajectvaartspel						Zwaantje de Lutte (alle groepen)							
	km		7	6	4,5	3,5	3		13	11	9	5	0		19	16	16	14	10	9	9	4,5
	12	16-Mar	17-Mar					18-Mar	19-Mar					20-Mar	21-Mar							
	O	O	Series (200-400-400-200) / Series 1000m						Series van (D1-10, D2-5) A,B : 5 series						Bommelas (alle groepen)							
	km		7	6	4,5	3,5	3		14	12	9	5	0		20	17	17	15	11	10	10	5
April	13	23-Mar	24-Mar					25-Mar	26-Mar					27-Mar	28-Mar							
	T	T	Series 400m / Series (1000-800-600-500-400-200)						A/B: D1-10: D2-20: D3-15: D2-20: D1-10 C/D: D1-10: D2-15: D3-10: D2-15: D1-10 E: D1-10: D2-10: D3-5: D2-10: D1-10						Lonneker (alle groepen)							
	km		7	6	4,5	3,5	3		14	12	9	5	0		21	18	18	17	12	11	11	5,5
	14	30-Mar	31-Mar					1-Apr	2-Apr					3-Apr	4-Apr							
	H	H	Series (200-300) / Series (200-400-400-200)						D1-20: D2-20: D1-20 E: D1-20: D2-10: D1-20						Bursestraat (alle groepen)							
	km		6	5	4,5	3,5	3		12	10	8	5	0		16	13	12	11	7	6	6	4
	15	6-Apr	7-Apr					8-Apr	9-Apr					10-Apr	11-Apr							
	H	H	Series (200-300)						D1-60 E: D1-50						Geen training i/v Enschede marathon							
	km		6	5	4,5	3,5	3		10	9	8	5	0		16	13	12	11	7	6	6	0
April	16	13-Apr	14-Apr					15-Apr	16-Apr					17-Apr	18-Apr							
	H	H	Series (200-300) / Series (400m-200m)						D1-20: D2-20: D1-20 E: D1-20: D2-10: D1-20						UT							
	km		6	5	4,5	3,5	0		11	9	7	5	0		15	12	10	7	7	5	5	0
	17	20-Apr	21-Apr					22-Apr	23-Apr					24-Apr	25-Apr							
	O	O	Series (200-400-400-200) / Series 600m						Series van (D1-10, D2-5) A,B : 5 series						Bommelas (alle groepen)							
	km		6	5	4,5	3,5	0		11	9	7	5	0		16	13	11	8	8	6	6	0