

TRAININGSPROGRAMMA AKU LOOPGROEP 2018
KWARTAAL 4

TRAINER Cooling Down

WK	DAT	PROGRAMMA	TEMPO	P	SP	OMV	GR	DON	
40	2-10-18	40-60-80-100-80-60-40 R=terugwandelen Gr 3 & 4 > 200-400-600-800-1000-800-600-400-200m Gr 1 & 2 > 200-400-600-800-600-400-200m	steigerung Z3/Z4	100m		920	1 JIM	YILDIZ	4-10-18
						5800	2 YILDIZ		
						6720	3 PETER		
							4 RENE		
41	9-10-18	4x200m 4x600m 1x2000m		100m	200m	1300	1 WALTER	RENE	11-10-18
						3400	2 WALTER		
						6700	3 PETER		
							4 RENE		
42	16-10-18	6x60m met telkens terugwandelen als rust 5x300m 4x600m	steigerung Z3/Z4	100m	400m	720	1 JIM	PETER	18-10-18
						2800	2 JIM		
						6800	3 PETER		
							4 RENE		
43	23-10-18	Fluittraining 5x 1min-2min-3min	Z3/Z4	1min			1 JIM	JIM	25-10-18
						6000	2 YILDIZ		
							3 PETER		
							4 RENE		
44	30-10-18	400-600-800-1000-(1200)-1000-800-600-400m	Z3/Z4	100m/200m		8100	1 JIM	YILDIZ	1-11-18
						8100	2 YILDIZ		
							3 PETER		
							4 RENE		
45	6-11-18	Fluittraining 7x 4min	Z3/Z4	2min		6000	1 YILDIZ	RENE	8-11-18
						6000	2 JIM		
							3 RENE		
							4 PETER		

WK	DAT	PROGRAMMA	TEMPO	P	SP	OMV	GR	CD	DO	
46	13-11-18	8x350m 1000m 4x350m 500m	Z3/Z4	50m	3min	3200 1000 1600 500	1 YILDIZ	PETER	15-11-18	BAAN
			Z4		3min		2 JIM			
			Z3/Z4	50m	3min		3 RENE			
			Z4+				4 PETER			
47	20-11-18	4-6x1000m		2min		6000	1 YILDIZ	JIM	22-11-18	BAAN
							2 JIM			
							3 RENE			
48	27-11-18	2x(200m - 400m - 600m - 800m)				4800	4 PETER	YILDIZ	29-11-18	BAAN
			Z4	100m D/W	4min		1 YILDIZ			
							2 JIM			
							3 WALTER			
49	4-12-18	2x1200m 4x600m 6x150m				1200	4 PETER	RENE	6-12-18	BAAN
			Z3	200m			1 YILDIZ			
			Z4	200m			2 YILDIZ			
			Z4	50m			3 JIM			
50	11-12-18	4x(150m steigerung + 50m dribbelpauze) 3x(200m-300m-400m-500m) seriepauze = krachtcircuit				800 5200	4 PETER	PETER	13-12-18	BAAN
			steigerung	50m			1 RENE			
			Z3	100m			2 YILDIZ			
							3 JIM			
51	18-12-18	LAATSTE DINSDAGTRAINING 2018 6x 1000m				7200	4 PETER	JIM	20-12-18	BAAN
			Z3/Z4	200m			1 RENE			
							2 YILDIZ			
52	25-12-18	GEEN TRAINING iVm KERSTMIS				0	4 PETER	PETER	27-12-18	BAAN
							1 RENE			
							2 YILDIZ			
							3 JIM			

Op dinsdag 18 December en donderdag 20 december zijn de respectievelijke laatste trainingen van 2018

Ook 1 januari valt af. MAAR : noteer vast in je AGENDA : 3 januari > trainen in je "nette kleren" ! BE THERE, NO EXCUSES AT THE START OF A NEW YEAR !!!