

Trainingsschema 150 km halfgevorderd

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

Trainingsschema 150 km halfgevorderd (vervolg)

| Datum                        | Ma | Di | Wo | Do | Vr | Za | Zo |
|------------------------------|----|----|----|----|----|----|----|
| <b>Intensieve periode</b>    |    |    |    |    |    |    |    |
| 12                           |    |    |    |    |    |    |    |
| 13                           |    |    |    |    |    |    |    |
| 14                           |    |    |    |    |    |    |    |
| <b>De laatste twee weken</b> |    |    |    |    |    |    |    |
| 15                           |    |    |    |    |    |    |    |
| 16                           |    |    |    |    |    |    |    |