

Trainingsschema 200 km beginner

| Datum | Ma | Di | Wo | Do | Vr | Za | Zo |
|----------------------------------|----|----|----|----|----|----|----|
| Algemene voorbereidingsperiode | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| Specifieke voorbereidingsperiode | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| Intensieve periode | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| De laatste week | | | | | | | |
| 12 | | | | | | | |