

Trainingschema Loopgroep Zeeland

Q1-2021



| |
|---|
| GEEN TRAINING / WEDSTRIJD / AANDACHTSPUNT |
| DUURLOOP OP AFWIJKENDE LOCATIE |
| DUURLOOP TRAINING - ALTIJD LENGTE |
| START RUNNING |

Informatie op website en Facebook
Thema duurloop; In de winter: lampje en hesje mee

| WEEK | | 53 | | | | | | | |
|--------------------|-------------|-------------|-----------|---------|----------|--------|-----|--------------------------|--|
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG | | | |
| 28-dec | 29-dec | 30-dec | 31-dec | 1-jan | 2-jan | 3-jan | | | |
| EXTENSIEF | | | | | | | | | |
| | | | | | | | A/B | 17 km | |
| | | | | | | | C | 12 km | |
| A | | | | | | | A | | |
| B | | | | | | | B | | |
| C | Anthony | | | | | | C | | |
| D | John P | | | | | | | | |
| O | Angelina | | | | | | | Trail training | |
| | | | | | | | | bos, duin, strand hoogte | |
| WEEK | | 1 | | | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG | | | |
| 4-jan | 5-jan | 6-jan | 7-jan | 8-jan | 9-jan | 10-jan | | | |
| EXTENSIEF | | INTENSIEF | | | | | | | |
| | | | | | | | A/B | 18 km | |
| | | | | | | | C | 15 km | |
| A | Anthony | | | | | | A | | |
| B | | | | | | | B | | |
| C | Jean-Pierre | Anthony | | | | | C | | |
| D | | | | | | | | | |
| O | Angelina | Angelina | | | | | | | |
| | | Mariette | | | | | | | |
| WEEK | | 2 | | | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG | | | |
| 11-jan | 12-jan | 13-jan | 14-jan | 15-jan | 16-jan | 17-jan | | | |
| INTENSIEF | | EXTENSIEF | | | | | | | |
| | | | | | | | A/B | 15 km | |
| | | | | | | | C | 13 km | |
| A | | Anthony | | | | | A | | |
| B | Marko | | | | | | B | | |
| C | Anthony | Jean-Pierre | | | | | C | | |
| D | | | | | | | | | |
| O | Angelina | Angelina | | | | | | | |
| aanpassen voor C/D | | | | | | | | | |
| WEEK | | 3 | | | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG | | | |
| 18-jan | 19-jan | 20-jan | 21-jan | 22-jan | 23-jan | 24-jan | | | |
| EXTENSIEF | | INTENSIEF | | | | | | | |
| | | | | | | | A/B | 17 km | |
| | | | | | | | C | 14 km | |
| A | | Anthony | | | | | A | | |
| B | | | | | | | B | | |
| C | | | | | | | C | | |
| D | Anthony | Leon | | | | | | | |
| O | Angelina | Angelina | | | | | | | |
| WEEK | | 4 | | | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG | | | |
| 25-jan | 26-jan | 27-jan | 28-jan | 29-jan | 30-jan | 31-jan | | | |
| INTENSIEF | | INTENSIEF | | | | | | | |
| | | | | | | | A/B | 18 km | |
| | | | | | | | C | 15 km | |
| A | Anthony | | | | | | A | | |
| B | | John P | | | | | B | | |
| C | | Marko | | | | | C | | |
| D | Francoise | | | | | | | | |
| O | Angelina | Angelina | | | | | | | |

| WEEK | | 5 | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|---|-------------------|--------------|
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| 1-feb | 2-feb | 3-feb | 4-feb | 5-feb | | 6-feb | 7-feb |
| EXTENSIEF | | EXTENSIEF | | | | Vlissingen | |
| | | | | | | A/B | 18 km |
| | | | | | | C | 16 km |
| A | Marko | | | | | A | |
| B | | | | | | B | |
| C | | | | | | C | |
| D | | Jean-Pierre | Rob F | | | | |
| O | Angelina | Angelina | | | | | |
| WEEK | | 6 | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| 8-feb | 9-feb | 10-feb | 11-feb | 12-feb | | 13-feb | 14-feb |
| EXTENSIEF | | INTENSIEF | | | | | |
| | | | | | | A/B | 18 km |
| | | | | | | C | 16 km |
| A | Marko | | | | | A | |
| B | | John P | | | | B | |
| C | | Marko | | | | C | |
| D | | Rob F | Jean-Pierre | | | | |
| O | Angelina | Angelina | | | | | |
| WEEK | | 7 | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| 15-feb | 16-feb | 17-feb | 18-feb | 19-feb | | 20-feb | 21-feb |
| Voorjaarsvakantie | Voorjaarsvakantie | Voorjaarsvakantie | Voorjaarsvakantie | Voorjaarsvakantie | | | |
| INTENSIEF | | EXTENSIEF | | | | | |
| | | | | | | A/B | 18 km |
| | | | | | | C | 17 km |
| A | Marko | | | | | A | |
| B | | Marko | | | | B | |
| C | | | | | | C | |
| D | | Jean-Pierre | Francoise | | | | |
| O | Angelina | Angelina | | | | | |
| WEEK | | 8 | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| 22-feb | 23-feb | 24-feb | 25-feb | 26-feb | | 27-feb | 28-feb |
| EXTENSIEF | | INTENSIEF | | | | | |
| | | | | | | | 30 km |
| | | | | | | A/B | 20 km |
| | | | | | | C | 19 km |
| A | Marko | Emiel | | | | A | |
| B | | | | | | B | |
| C | | | | | | C | |
| D | | Rob F | Jean-Pierre | | | | |
| O | Angelina | Angelina | | | | | |
| WEEK | | 9 | | | | | |
| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| 1-mrt | 2-mrt | 3-mrt | 4-mrt | 5-mrt | | 6-mrt | 7-mrt |
| INTENSIEF | | EXTENSIEF | | | | CPC ZEELAND | |
| | | | | | | LOOPGROEP ZEELAND | |
| | | | | | | A/B | snelle 21 km |
| | | | | | | C | 19- 20 km |
| A | Hanco | Anthony | | | | A | |
| B | | | | | B | | |
| C | | | Marko | | C | | |
| D | Anthony | | | | | | |
| O | Angelina | Angelina | | | | | |

| | WEEK | 10 | | | | | | |
|---|------------|---------|-----------|-----------|---------|-----|----------|--------|
| | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| | 8-mrt | 9-mrt | 10-mrt | 11-mrt | 12-mrt | | 13-mrt | 14-mrt |
| | EXTENSIEF | | INTENSIEF | | | | | |
| | | | | | | A/B | | |
| | | | | | | C | | |
| A | Marko | | John P | | | A | | |
| B | | | | | | B | | |
| C | | | Anthony | | | C | | |
| D | Anthony | | | | | | | |
| O | Angelina | | Angelina | | | | | |
| | | | | | | | | |
| | WEEK | 11 | | | | | | |
| | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| | 15-mrt | 16-mrt | 17-mrt | 18-mrt | 19-mrt | | 20-mrt | 21-mrt |
| | EXTENSIEF | | EXTENSIEF | | | | | |
| | | | | | | A/B | | |
| | | | | | | C | | |
| A | Jan Willem | | | | | A | | |
| B | Anthony | | Anthony | | | B | | |
| C | | | Marko | | | C | | |
| D | Francoise | | | | | | | |
| O | Angelina | | Angelina | | | | | |
| | | | | | | | | |
| | WEEK | 12 | | | | | | |
| | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | | ZATERDAG | ZONDAG |
| | 22-mrt | 23-mrt | 24-mrt | 25-mrt | 26-mrt | | 27-mrt | 28-mrt |
| | EXTENSIEF | | INTENSIEF | | | | | |
| | | | | | | A/B | | |
| | | | | | | C | 12 km | |
| A | Anthony | | Anthony | | | A | | |
| B | | | | | | B | | |
| C | Leon | | | | | C | | |
| D | | | | | | | | |
| O | Angelina | | Angelina | | | | | |
| | | | | | | | | |