

Schema: 09/01/12 t/m 19/02/12.	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
Week 1 09/01 – 15/01		RD Gellik 2x 5' tempo extensief 5' rust		Piste 5x 1200m ext. 400m dribb 4x dames			LCC Alken Annendaalloop Posterholt Duurloop 75 min
Week 2 16/01 – 22/01		Wijk 4x 1x rustig 1x tempo 1x rustig 1x tempo		Piste 2x 10x 300m ext. P 100m Dames 2x 8x RP 400m			LCC Lommel CC Hannuit Abdijcross Kerkrade RD 80min
Week 3 23/01 – 29/01		RD Neerharen		Piste 3x 5x 400m ext. P 200m Dames 3x 4x 400m RP 400m			RD 75min
Week 4 30/01 – 05/02		RD Rekem		Piste 2x 5x 600m ext. P 200m Dames 2x 4x 600m RP 400m			LK cross St-Truiden RD 80min
Week 5 06/02 – 12/02		RD Gellik		Piste 2x 4x 800m ext. P 200m Dames 2x 3x 800m RP 400m			LCC St-Truiden RD 75min
Week 6 13/02 – 19/02		RD Industrieterrein		Piste 3000m test eerst 30 min inlopen in de wijk			CC Dour RD 80min Carnaval