

Kolom1	datum	programma	opmerkingen
donderdag	<b>28-mrt</b>	2x 200/300/400/400/300/200m + 800m	200m W/D/W T3 +T2+ T1
donderdag	<b>04-apr</b>	10-12x 400 T2	200m W/D/W T2
donderdag	<b>11-apr</b>	2 x 200 / 300 / 400/ 400/ 300/ 200 m / +1 x 800 m -	100m W T3 +T2+ T1
donderdag	<b>18-apr</b>	14-15x 200m T3 + 2x 400m T1	100m W T3 + T1
donderdag	<b>25-apr</b>	12-15x 300m T2 + 1x 400m T1.	100m W T2 +T1
donderdag	<b>02-mei</b>	3 x 400m T1/400 mT2/400 T1.	200m W/D/W T1 +T2 +T1
donderdag	<b>09-mei</b>	7-8 x 600 T1.	200m W/D/W T1
donderdag	<b>16-mei</b>	15-17 x 300 T3 + 1-2 x 400m T1	200m W/D/W T3 +T1
donderdag	<b>23-mei</b>	10-12 x 400 T2. + 1 x 800 m T1	200m W/D/W T2 +T1
donderdag	<b>30-mei</b>	2 x 200 / 300 / 400/ 400/ 300/ 200 m / +1 x 800 m -	100m W T3- T2 +T1
donderdag	<b>06-jun</b>	14-15x 200m T3 + 2x 400m T1	100m W T3 +T1
donderdag	<b>13-jun</b>	12-15x 300m T2 + 1x 400m T1.	100m W T2 +T1
donderdag	<b>20-jun</b>	3 x 400m T1/400 mT2/400 T1.	200 m W/D/W T1 +T2
donderdag	<b>27-jun</b>	15-17 x 300 m T2	100m W T2
donderdag	<b>04-jul</b>	15 - 17 x 200 m T3 1-2 400 T1	100m W T3 +T2
donderdag	<b>11-jul</b>	4 x 400 m rust 200 m WDW, 4 x 300 m rust 100m W, 6 x 200 m	100m W T1
donderdag	<b>18-jul</b>	12 - 14 x 400 m T2 +T1	200 m W/D/W T2 + T1
donderdag	<b>25-jul</b>	15-17 x 300 m T3 +T2S	100m W T3 +T2
donderdag	<b>01-aug</b>	15 - 17 x 200 m T3 1-2 400 m T1	100m W T3 + T1
donderdag	<b>08-aug</b>	4 x 400 m rust 200 m WDW, 4 x 300 m rust 100m W, 6 x 200 m	100m W T1
donderdag	<b>15-aug</b>	15 x 100 m T2 + 15 x 100 m T 1	100m W T1 + T2+ T3
donderdag	<b>22-aug</b>	10 x 200 m T2 + 6 x 300 m T3	100m W T2 + T3
donderdag	<b>29-aug</b>	2x 200/300/400/400/300/200m + 800m	200m W/D/W T1
donderdag	<b>05-sep</b>	10-12x 400 T2	200m W/D/W T2
donderdag	<b>12-sep</b>	14-15x 200m T3 + 2x 400m T1	100m W T3 +T2+ T1
donderdag	<b>19-sep</b>	2 x 200 / 300 / 400/ 400/ 300/ 200 m / +1 x 800 m -	100m W T2 +T3
donderdag	<b>26-sep</b>	12-15x 300m T2 + 1x 400m T1.	100m W T2
donderdag	<b>03-okt</b>	3 x 400m T1/400 mT2/400 T1.	200m W/D/W T1 +T2 +T1
donderdag	<b>10-okt</b>	7-8 x 600 T1.	200m W/D/W T1
donderdag	<b>17-okt</b>	15-17 x 300 T3 + 1-2 x 400m T1	200m W/D/W T3 +T1
donderdag	<b>24-okt</b>	10-12 x 400 T2. + 1 x 800 m T1	200m W/D/W T2 +T1