

Schema AB Groep Virgil 8 km (Damloop by Night 21 sep 2024)

Week	Di	Interval	Tempo	Do	Duur	T	Za	Kern	Km	Duur	T
20	14-mei	6 x 2m -30s	6:30	16-mei	3 x 10	7:00	18-mei	4 X 7m	4	28	7:00
21	21-mei	3 x 4 - 1m	7:00	23-mei	1 x 15	7:00	25-mei	8 X 3m	4	28	7:00
22	28-mei	8 x 20s - 30s	7:00	30-mei	2 x 12	7:00	01-jun	3 X 4m	3	21	7:00
23	04-jun	8 x 30s -30s	7:00	06-jun	3 km	7:00	08-jun	3 X 12m	5	35	7:00
24	11-jun	4 x 1m - 1m	6:00	13-jun	3 km	7:00	15-jun	2 X 18m	5	35	7:00
25	18-jun	8 x 30s -30s	7:00	20-jun	3 km	7:00	22-jun	3 X 14m	6	42	7:00
26	25-jun	4 x 1m - 1m	7:00	27-jun	3 km	7:00	29-jun	2 X 21m	6	42	7:00
27	02-jul	2 x 1,5 km - 1m	6:30	04-jul	3 km	7:00	06-jul	3 X 14m	6	42	7:00
28	09-jul	6 x 400m - 400m	6:00	11-jul	3 km	7:00	13-jul	3 X 19m	8	56	7:00
29	16-jul	2 x 1,5 km - 1m	6:30	18-jul	3 km	7:00	20-jul	2 X 28m	8	56	7:00
30	23-jul	6 x 400m - 400m	5:45	25-jul	3 km	7:00	27-jul	3 X 24m	10	70	7:00
31	30-jul	4 x 800m - 400m	6:00	01-aug	3 km	7:00	03-aug	2 X 35m	10	70	7:00
32	06-aug	2 x 1,5 km - 1m	6:20	08-aug	3 km	7:00	10-aug	1 X 70m	10	70	7:00
33	13-aug	4 x 800m - 400m	6:00	15-aug	3 km	7:00	17-aug	3 X 26m	11	77	7:00
34	20-aug	4 x 800m - 400m	6:00	22-aug	3 km	7:00	24-aug	2 X 39m	11	77	7:00
35	27-aug	2 x 1,5 km - 1m	6:15	29-aug	3 km	7:00	31-aug	2 X 35m	10	70	7:00
36	03-sep	4 x 800m - 400m	5:55	05-sep	3 km	7:00	07-sep	1 X 70m	10	70	7:00
37	10-sep	6 x 400m - 400m	5:30	12-sep	3 km	7:00	14-sep	1 X 56m	8	56	7:00
38	17-sep	8 x 30s -30s	5:10	19-sep	5 km	7:00	21-sep	1 X 48m	8	48	6:00