

## Trainingschema 2026 - B niveau

Arien Tabak, Hillegonda Griffioen, Petra Wildschut, Ron Staal



Week	Datum	Programma
2	Tuesday, 6 January 2026	6 km HM tempo
3	Tuesday, 13 January 2026	TR 5x (4+3+2) (1)
4	Tuesday, 20 January 2026	rustig duurloopje
5	Tuesday, 27 January 2026	Kern 6 km
6	Tuesday, 3 February 2026	TR 5x (4+3+2) (1)
7	Tuesday, 10 February 2026	3 x 20'
8	Tuesday, 17 February 2026	Interval heuveltjes
9	Tuesday, 24 February 2026	Kern 7 km
10	Tuesday, 3 March 2026	TR 9-10-11-10-9 etc
11	Tuesday, 10 March 2026	Kern 8 km
12	Tuesday, 17 March 2026	Interval 1 uur
13	Tuesday, 24 March 2026	5 x 10 min
14	Tuesday, 31 March 2026	Vogeltjes kijken
15	Tuesday, 7 April 2026	Kern 6 km
16	Tuesday, 14 April 2026	TR 5x (4+3+2) (1)
17	Tuesday, 21 April 2026	3 x 20'
18	Tuesday, 28 April 2026	trapjes en tempo's
19	Tuesday, 5 May 2026	Kern 7 km
20	Tuesday, 12 May 2026	TR 9-10-11-10-9 etc
21	Tuesday, 19 May 2026	Kern 8 km
22	Tuesday, 26 May 2026	Interval 1 uur
23	Tuesday, 2 June 2026	Kern 60 min
24	Tuesday, 9 June 2026	trapjes en tempo's
25	Tuesday, 16 June 2026	Kern 6 km
26	Tuesday, 23 June 2026	TR 5x (4+3+2) (1)
27	Tuesday, 30 June 2026	3 x 20'
28	Tuesday, 7 July 2026	trapjes en tempo's
29	Tuesday, 14 July 2026	Kern 7 km
30	Tuesday, 21 July 2026	TR 9-10-11-10-9 etc
31	Tuesday, 28 July 2026	Kern 8 km

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Week	Datum	Programma
32	Tuesday, 4 August 2026	Interval 1 uur
33	Tuesday, 11 August 2026	Kern 60 min
34	Tuesday, 18 August 2026	trapjes en tempo's
35	Tuesday, 25 August 2026	Kern 6 km
36	Tuesday, 1 September 2026	TR 5x (4+3+2) (1)
37	Tuesday, 8 September 2026	3 x 20'
38	Tuesday, 15 September 2026	trapjes en tempo's
39	Tuesday, 22 September 2026	Kern 7 km
40	Tuesday, 29 September 2026	TR 9-10-11-10-9 etc
41	Tuesday, 6 October 2026	Kern 8 km
42	Tuesday, 13 October 2026	Interval 1 uur
43	Tuesday, 20 October 2026	Kern 60 min
44	Tuesday, 27 October 2026	Interval heuveltjes
45	Tuesday, 3 November 2026	Kern 6 km
46	Tuesday, 10 November 2026	TR 5x (4+3+2) (1)
47	Tuesday, 17 November 2026	3 x 20'
48	Tuesday, 24 November 2026	trapjes en tempo's
49	Tuesday, 1 December 2026	Kern 7 km
50	Tuesday, 8 December 2026	TR 9-10-11-10-9 etc
51	Tuesday, 15 December 2026	Kern 8 km
52	Tuesday, 22 December 2026	kerstlichtjes kijken
53	Tuesday, 29 December 2026	5 x 10 min