

Trainingschema 2026 - B niveau

Hillegonda Griffioen, Petra Wildschut, Marien Vellekoop, Ron Staal



Gooise
Atletiek Club
Hilversum

Week	Datum	Training	Programma
1	Saturday, 3 January 2026	Interval	trapjes en tempo's
2	Saturday, 10 January 2026	Interval	trapjes en tempo's
3	Saturday, 17 January 2026	Duurloop	5 x 10 min
4	Saturday, 24 January 2026	Vaartspel	n.t.b.
5	Saturday, 31 January 2026	Interval	trapjes en tempo's
6	Saturday, 7 February 2026	Duurloop	3 x 15 min
7	Saturday, 14 February 2026	Interval	TR 8-9-10-9-8
8	Saturday, 21 February 2026	Duurloop	Overvecht
9	Saturday, 28 February 2026	Interval	trapjes en tempo's
10	Saturday, 7 March 2026	Duurloop	2 x 20 min
11	Saturday, 14 March 2026	Vaartspel	n.t.b.
12	Saturday, 21 March 2026	Lenteloop	
13	Saturday, 28 March 2026	Duurloop	n.t.b.
14	Saturday, 4 April 2026	Interval	trapjes en tempo's
15	Saturday, 11 April 2026	Vaartspel	n.t.b.
16	Sunday, 12 April 2026	Cityrun	
16	Saturday, 18 April 2026	Interval	trapjes en tempo's
17	Saturday, 25 April 2026	Duurloop	3 x 15 min
18	Saturday, 2 May 2026	Interval	trapjes en tempo's
19	Saturday, 9 May 2026	Vaartspel	n.t.b.
20	Saturday, 16 May 2026	Duurloop	3 x 20 min
21	Saturday, 23 May 2026	Interval	trapjes en tempo's
22	Saturday, 30 May 2026	Duurloop	5 x 10 min
23	Saturday, 6 June 2026	Vaartspel	n.t.b.
24	Saturday, 13 June 2026	Interval	TR 8-9-10-9-8
25	Saturday, 20 June 2026	Wasmeerloop	
26	Saturday, 27 June 2026	Duurloop	5-10-15-10-5 min
27	Saturday, 4 July 2026	Interval	trapjes en tempo's
28	Saturday, 11 July 2026	Vaartspel	n.t.b.
29	Saturday, 18 July 2026	Duurloop	3 x 15
30	Saturday, 25 July 2026	Interval	trapjes en tempo's

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Week	Datum	Training	Programma
31	Saturday, 1 August 2026	Duurloop	3 x 20
32	Saturday, 8 August 2026	Vaartspel	n.t.b.
33	Saturday, 15 August 2026	Interval	TR 5x (4+3+2) (1)
34	Saturday, 22 August 2026	Duurloop	5 x 10
36	Saturday, 5 September 2026	Duurloop	5-10-15-10-5 min
37	Saturday, 12 September 2026	Vaartspel	n.t.b.
38	Saturday, 19 September 2026	Interval	TR 8-9-10-9-8
39	Saturday, 26 September 2026	Herfstloop	
40	Saturday, 3 October 2026	Interval	trapjes en tempo's
41	Saturday, 10 October 2026	Duurloop	3 x 15
42	Saturday, 17 October 2026	Vaartspel	n.t.b.
43	Saturday, 24 October 2026	Interval	trapjes en tempo's
44	Saturday, 31 October 2026	Duurloop	2 x 30 min
45	Saturday, 7 November 2026	Interval	trapjes en tempo's
46	Saturday, 14 November 2026	Duurloop	5 x 10 min
47	Saturday, 21 November 2026	Interval	TR 8-9-10-9-8
48	Saturday, 28 November 2026	Vaartspel	n.t.b.
49	Saturday, 5 December 2026	Sinterklaasloop	
50	Saturday, 12 December 2026	Interval	trapjes en tempo's
51	Saturday, 19 December 2026	Duurloop	3 x 20
52	Saturday, 26 December 2026	2e kerstdag	
53	Saturday, 2 January 2027	Interval	trapjes en tempo's