


|  | | Groep 2 | T1 (km/h) | T2 (km/h) | T3 (km/h) | T4 (km/h) |
|-----------------------------------------------------------------------------------|--------|-------------------------------------------------------|-----------------------------------------------------------------------|-----------|-----------|-----------|
| | | | 8 | 9 | 10 | >11 |
| | | L = Loopscholing CS = Core-stability K = Kracht | Prognose 10 EM: 1 uur en 55 min | | | |
| GROEP 2 | | | | | | |
| Ma | 1 Apr | L | Pasen - geen training | | | |
| Wo | 3 Apr | K | 52 min: 4 x (10 min T1 + 3 min T3) | | | |
| Za | 6 Apr | | Gulbergen | | | |
| Ma | 8 Apr | K | Blokduurloop 45 min: 30 min T1, 15 min T2 | | | |
| Wo | 10 Apr | CS | Duurloop 40 min T1 | | | |
| Za | 13 Apr | | Dag voor HVH - Vrij lopen | | | |
| Zo | 14 Apr | | Halve van Helmond (5, 10 en 21 km) | | | |
| Ma | 15 Apr | L | Duurloop 45 min T1 of Herstelloop | | | |
| Wo | 17 Apr | K | 45 min: 3 x (10 min T1+ 5 min T2) | | | |
| Za | 20 Apr | | Duurloop 7 km T1 | | | |
| Ma | 22 Apr | CS | 49 min: 7x (6 min T1 + 1 min T3) | | | |
| Wo | 24 Apr | L | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 | | | |
| Za | 27 Apr | | Duurloop 8 km T1 | | | |
| Ma | 29 Apr | K | 49 min: 45 min T1, iedere 5 minuten 30 sec T3 | | | |
| Wo | 1 May | CS | Blokduurloop 45 min: 15 min T1, 15 min T2, 15 min T1 | | | |
| Za | 4 May | | Duurloop 8 km T1 | | | |
| Ma | 6 May | CS | 49 min: 7x (6 min T1 + 1 min T3) | | | |
| Wo | 8 May | L | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 | | | |
| Za | 11 May | | Duurloop 7 km T1 | | | |
| Ma | 13 May | CS | 49 min: 45 min T1, iedere 5 minuten 30 sec T3 | | | |
| Wo | 15 May | L | Blokduurloop 45 min: 15 min T1, 15 min T2, 15 min T1 | | | |
| Za | 18 May | | Duurloop 8 km T1 | | | |
| Ma | 20 May | K | Pinksteren - geen training | | | |
| Wo | 22 May | CS | 49 min: 7x (6 min T1 + 1 min T3) | | | |
| Za | 25 May | | Duurloop 8 km T1 | | | |
| Ma | 27 May | K | Interval: 6 x (6 min T1 + 1 min T3) | | | |
| Wo | 29 May | CS | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 | | | |
| Za | 1 Jun | | Duurloop 7 km T1 | | | |
| Ma | 3 Jun | | Blokduurloop 45 min: 15 min T1, 15 min T2, 15 min T1 | | | |
| Wo | 5 Jun | CS | Blokclimaxloop 45 min: 7 x (4 min T1, 2 min T2, 30 s T3) | | | |
| Za | 8 Jun | | Gulbergen | | | |
| Ma | 10 Jun | K | Interval 48 min: 12 x (2 min T3 + 2 min. rust) | | | |
| Wo | 12 Jun | L | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 | | | |
| Za | 15 Jun | | Duurloop 9 km T1 | | | |
| Ma | 17 Jun | K | Blokduurloop 45 min: 30 min T1, 15 min T2 | | | |
| Wo | 19 Jun | CS | Home Sweet Home | | | |
| Za | 22 Jun | | Duurloop 9 km T1 | | | |
| Ma | 24 Jun | L | Blokclimaxloop 52 min: 7 x (4 min T1 + 2 min T2 + 1 min T3 + 30 s T4) | | | |
| Wo | 26 Jun | K | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 | | | |
| Za | 29 Jun | | Crossloop/mountainbike route 60 min T1 | | | |
| Ma | 1 Jul | CS | Blokduurloop 70 min: 20 min T1, 30 min T2, 20 min T1 | | | |
| Wo | 3 Jul | L | Blokduurloop 50 min: 15 min T1, 20 min T2, 15 min T1 | | | |
| Za | 6 Jul | | Duurloop 7 km T1 | | | |
| Ma | 8 Jul | L | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 | | | |
| Wo | 10 Jul | K | 50 min: 3 x (8 min T1+6 min T3) eindigen met 8 min T1 | | | |
| Za | 13 Jul | | Duurloop 10 km T1 | | | |
| Ma | 15 Jul | CS | Blokclimaxloop 52 min: 7 x (4 min T1 + 2 min T2 + 1 min T3 + 30 s T4) | | | |
| Wo | 17 Jul | CS | Blokduurloop 45 min: 30 min T2, 15 min T1 | | | |
| Za | 20 Jul | | Duurloop 11 km T1 | | | |
| Ma | 22 Jul | L | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 | | | |
| Wo | 24 Jul | CS | Interval 48 min: 12 x (2 min T3 + 2 min. rust) | | | |
| Za | 27 Jul | | Climaxloop 60 min: 45 min T1, 10 min T2, 5 min T3 | | | |
| Ma | 29 Jul | CS | Blokduurloop 45 min: 25 min T1, 20 min T2 | | | |
| Wo | 31 Jul | K | Piramideloop: T3: 3,4,5,6,5,4,3 min (2 min rust T1 na iedere T3) | | | |
| Za | 3 Aug | | Gulbergen | | | |

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| Ma | 5 Aug | L | Duurloop 45 min T2 |
| Wo | 7 Aug | K | Interval 56 min: 7 x (6 min T3 + 2 min. rust) |
| Za | 10 Aug | | Duurloop 10 km T1 |
| Ma | 12 Aug | L | Blokclimaxloop 48 min: 6x (7x1 min versnellen - wandelen 1 minuut) |
| Wo | 14 Aug | CS | Blokduurloop 50 min: 15 min T1, 20 min T2, 15 min T1 |
| Za | 17 Aug | | Crossloop/mountainbike route 30 min T1, 30 min T2 |
| Ma | 19 Aug | K | 45 min: 3 x (10 min T1+ 5 min T2) |
| Wo | 21 Aug | L | Home Sweet Home |
| Za | 24 Aug | | Blokduurloop 50 min: 30 min T1, 20 min T2 |
| Ma | 26 Aug | CS | Duurloop 45 min T1 |
| Wo | 28 Aug | K | Climaxloop 60 min: 30 min T1, 20 min T2 en 10 min T3 |
| Za | 31 Aug | | Duurloop 10 km T1 |
| Ma | 2 Sep | L | Interval 15 T2 + 7x (40 sec T4 + 3 min.rust) + 10 min. T2 |
| Wo | 4 Sep | CS | Blokduurloop 60 min: 20 min T1, 20 min T2, 20 min T1 |
| Zo | 8 Sep | | Testloop |
| Ma | 9 Sep | CS | Duurloop 45 min T1 of Herstelloop |
| Wo | 11 Sep | K | Blokclimaxloop 48 min: 6x (7x1 min versnellen - wandelen 1 minuut) |
| Za | 14 Sep | | Duurloop 34 min heen en 35 min terug T1 Eindhovenkanaal |
| Ma | 16 Sep | L | Blokduurloop 50 min: 15 min T1, 20 min T2, 15 min T1 |
| Wo | 18 Sep | CS | Piramideloopt: T3: 3,4,5,6,5,4,3 min (2 min rust T1 na iedere T3) |
| Za | 21 Sep | | Duurloop 10 km T1 |
| Ma | 23 Sep | L | 45 min: 3 x (10 min T2 + 5 min T3) |
| Wo | 25 Sep | CS | Duurloop 55 min T1 |
| Za | 28 Sep | | Duurloop 12 km T1 |
| Ma | 30 Sep | K | Blokduurloop 50 min: 15 min T1, 20 min T2, 15 min T1 |
| Wo | 2 Oct | L | 52 min: 4 x (10 min T1 + 3 min T3) |
| Za | 5 Oct | | Gulbergen |
| Ma | 7 Oct | K | Blokduurloop 45 min: 30 min T1, 15 min T2 |
| Wo | 9 Oct | CS | Duurloop 40 min T1 |
| Za | 12 Oct | | Dag voor HVH - Vrij lopen |
| Zo | 13 Oct | | Halve Marathon Eindhoven |
| Ma | 14 Oct | L | Duurloop 45 min T1 of Herstelloop |
| Wo | 16 Oct | K | 45 min: 3 x (10 min T1+ 5 min T2) |
| Za | 19 Oct | | Duurloop 7 km T1 |
| Ma | 21 Oct | K | 49 min: 7x (6 min T1 + 1 min T3) |
| Wo | 23 Oct | CS | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1 |
| Za | 26 Oct | | Duurloop 8 km T1 |
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