



# Groep 4

L = Loopscholing  
CS = Core-stability  
K = Kracht

| T1                    | T2                     | T3                     | T4                       |
|-----------------------|------------------------|------------------------|--------------------------|
| 9 km/h<br>6.40 min/km | 10 km/h<br>6.00 min/km | 11 km/h<br>5.27 min/km | >12km/h<br>> 5.00 min/km |

| GROEP 4 |          |        |                   |                                                                       |                                                                     |
|---------|----------|--------|-------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------|
|         | Ma       | 24 Mar |                   | Bloklooptempo 45 min: 3 x (4 min T2 + 11 min T3)                      |                                                                     |
|         | Wo       | 26 Mar | L                 | Duurloop 55 min T1                                                    |                                                                     |
|         | Za       | 29 Mar |                   | Duurloop 15 km T1                                                     |                                                                     |
|         | Ma       | 31 Mar | K                 | Blokduurloop 50 min: 15 min T1, 20 min T2, 15 min T1                  |                                                                     |
|         | Wo       | 2 Apr  |                   | 60 min: 4 x (10 min T1 + 5 min T3)                                    |                                                                     |
|         | Za       | 5 Apr  |                   | Gulbergen                                                             |                                                                     |
|         | Ma       | 7 Apr  |                   | Blokduurloop 45 min: 30 min T1, 15 min T2                             |                                                                     |
|         | Wo       | 9 Apr  | CS                | Duurloop 40 min T1                                                    |                                                                     |
|         | Za       | 12 Apr |                   | Dag voor event - Vrij lopen                                           |                                                                     |
|         | Zo       | 13 Apr |                   | <b>Halve van Helmond (5, 10 en 21 km)</b>                             |                                                                     |
|         | Recovery | 1      | Ma                | 14 Apr                                                                | Duurloop 45 min T1 of Herstelloop                                   |
| Wo      |          | 16 Apr |                   | 45 min: 3 x (10 min T1+ 5 min T2)                                     |                                                                     |
| Za      |          | 19 Apr | L                 | Duurloop 9 km T1                                                      |                                                                     |
| Ma      |          | 21 Apr |                   | Pasen - geen training                                                 |                                                                     |
| 2       |          | Wo     | 23 Apr            | K                                                                     | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1                |
| Za      |          | 26 Apr |                   | Duurloop 10 km T1                                                     |                                                                     |
| 3       |          | Ma     | 28 Apr            | L                                                                     | 48.5 min: 7 x (5min T1 + 30 sec T3)                                 |
| Wo      |          | 30 Apr |                   | Blokduurloop 45 min: 15 min T1, 15 min T2, 15 min T1                  |                                                                     |
| Za      |          | 3 May  |                   | Duurloop 11 km T1                                                     |                                                                     |
| Ma      |          | 5 May  |                   | 49 min: 7x (6 min T1 + 1 min T3)                                      |                                                                     |
| 4       |          | Wo     | 7 May             | K                                                                     | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1                |
| Za      | 10 May   |        | Duurloop 10 km T1 |                                                                       |                                                                     |
| Basis   | 5        | Ma     | 12 May            | CS                                                                    | 48.5 min: 7 x (5min T1 + 30 sec T3)                                 |
|         | Wo       | 14 May |                   | Blokduurloop 45 min: 15 min T1, 15 min T2, 15 min T1                  |                                                                     |
|         | Za       | 17 May |                   | Grotels genieten                                                      |                                                                     |
|         | Ma       | 19 May |                   | Interval 49 min: 7 x (5 min T3 + 2 min rust)                          |                                                                     |
|         | 6        | Wo     | 21 May            | CS                                                                    | Climaxloop 50 min: 35 min T1, 10 min T2, 5 min T3                   |
|         | Za       | 24 May |                   | Duurloop 11 km T1                                                     |                                                                     |
|         | Ma       | 26 May |                   | Interval 49 min: 7 x (5 min T3 + 2 min rust)                          |                                                                     |
|         | Wo       | 28 May | K                 | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1                  |                                                                     |
|         | Za       | 31 May |                   | Duurloop 11 km T1                                                     |                                                                     |
|         | Ma       | 2 Jun  |                   | Blokduurloop 45 min: 15 min T1, 15 min T2, 15 min T1                  |                                                                     |
|         | 8        | Wo     | 4 Jun             | CS                                                                    | Blokclimaxloop 45 min: 7 x (4 min T1, 2 min T2, 30 s T4 )           |
| Za      | 7 Jun    |        | Gulbergen         |                                                                       |                                                                     |
| Speed   | 9        | Ma     | 9 Jun             |                                                                       | Pinksteren - geen training                                          |
|         | Wo       | 11 Jun | L                 | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1                  |                                                                     |
|         | Za       | 14 Jun |                   | Crossloop/mountainbike route 60 min T1                                |                                                                     |
|         | Ma       | 16 Jun | K                 | Blokduurloop 45 min: 30 min T1, 15 min T2                             |                                                                     |
|         | 10       | Wo     | 18 Jun            |                                                                       | Home Sweet Home training                                            |
|         | Za       | 21 Jun |                   | Duurloop 11 km T1                                                     |                                                                     |
|         | Ma       | 23 Jun |                   | Blokclimaxloop 52 min: 7 x (4 min T1 + 2 min T2 + 1 min T3 + 30 s T4) |                                                                     |
|         | Wo       | 25 Jun | CS                | Blokduurloop 45 min: 30 min T1, 15 min T2                             |                                                                     |
|         | Za       | 28 Jun |                   | Crossloop/mountainbike route 60 min T1                                |                                                                     |
|         | Ma       | 30 Jun |                   | Interval 47 min: 10 min T1 + 6 x (30sec T4 + 4 min T1) + 10 min T1    |                                                                     |
|         | 12       | Wo     | 2 Jul             | L                                                                     | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1                |
| Za      | 5 Jul    |        | Duurloop 9 km T1  |                                                                       |                                                                     |
|         | 13       | Ma     | 7 Jul             |                                                                       | Interval 40 min: 10 min T1, 8 x (30sec T4 + 2min rust), 10 min T1   |
|         | Wo       | 9 Jul  | K                 | Bloklooptempo 50 min: 3 x (8 min T1 + 6 min T3) eindigen met 8 min T1 |                                                                     |
|         | Za       | 12 Jul |                   | Duurloop 11 km T1                                                     |                                                                     |
|         | Ma       | 14 Jul |                   | Blokclimaxloop 52 min: 7 x (4 min T1 + 2 min T2 + 1 min T3 + 30 s T4) |                                                                     |
|         | 14       | Wo     | 16 Jul            |                                                                       | Interval 42 min: 10 min T1 + 4x (2.5 min T3 + 3 min T1) + 10 min T1 |
|         | Za       | 19 Jul | CS                | Duurloop 12 km T1                                                     |                                                                     |
|         | Ma       | 21 Jul |                   | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1                  |                                                                     |
|         | 15       | Wo     | 23 Jul            | L                                                                     | Home Sweet Home training                                            |



# Groep 4

L = Loopscholing  
CS = Core-stability  
K = Kracht

| T1                    | T2                     | T3                     | T4                       |
|-----------------------|------------------------|------------------------|--------------------------|
| 9 km/h<br>6.40 min/km | 10 km/h<br>6.00 min/km | 11 km/h<br>5.27 min/km | >12km/h<br>> 5.00 min/km |

| GROEP 4   |        |        |                   |                                                                       |
|-----------|--------|--------|-------------------|-----------------------------------------------------------------------|
| Treshold  | Za     | 26 Jul |                   | Climaxloop 70 min: 45 min T1, 15 min T2, 10 min T3                    |
|           | Ma     | 28 Jul | K                 | Climaxloop 45 min: 15 min T1, 20 min T2 en 10 min T3                  |
|           | 16     | Wo     | 30 Jul            | Piramideloopt: T3: 3,4,5,6,5,4,3 min (2 min rust T1 na iedere T3)     |
|           | Za     | 2 Aug  |                   | Gulbergen                                                             |
|           | Ma     | 4 Aug  |                   | Blokklooptempo 45 min: 10 min T1 + 15 min T3 + 5 min T1 + 15 min T3   |
|           | 17     | Wo     | 6 Aug             | CS Interval 53 min: 5 min T1 + 6 x (4 min T3 + 4 min T1)              |
|           | Za     | 9 Aug  |                   | Climaxloop 70 min: 45 min T1, 15 min T2, 10 min T3                    |
|           | Ma     | 11 Aug |                   | Blokklimaxloop 48 min: 6x (7x1 min versnellen - wandelen 1 minuut)    |
|           | 18     | Wo     | 13 Aug            | L Blokklooptempo 50 min: 5 min T1, 5 min T2, 30 min T3, 10 min T1     |
|           | Za     | 16 Aug |                   | Crossloop/mountainbike route 30 min T1, 30 min T2                     |
|           | Ma     | 18 Aug |                   | Interval 53 min: 5 min T1 + 6 x (4 min T3 + 4 min T1)                 |
|           | 19     | Wo     | 20 Aug            | Home Sweet Home training                                              |
| Race pace | Za     | 23 Aug | K                 | 100 min: 2x (25 min T1 + 25 min T2)                                   |
|           | Ma     | 25 Aug |                   | Testloop                                                              |
|           | 20     | Wo     | 27 Aug            | CS Climaxloop 60 min: 30 min T1, 20 min T2 en 10 min T3               |
|           | Za     | 30 Aug |                   | Duurloop 13 km T1                                                     |
|           | Ma     | 1 Sep  | L                 | Interval 51 min: 15 min T1 + 7x (40 sec T4 + 3 min.rust) + 10 min. T1 |
|           | 21     | Wo     | 3 Sep             | Blokduurloop 70 min: 20 min T1, 30 min T2, 20 min T1                  |
|           | Za     | 6 Sep  |                   | Heideloopt                                                            |
|           | Ma     | 8 Sep  |                   | Duurloop 45 min T1                                                    |
|           | 22     | Wo     | 10 Sep            | Blokklimaxloop 48 min: 6x (7x1 min versnellen - wandelen 1 minuut)    |
|           | Za     | 13 Sep | K                 | Duurloop 50 min heen en 50 min terug T1 Eindhovenskanaal              |
|           | Ma     | 15 Sep |                   | Climaxloop 50 min: 15 min T1, 20 min T2, 15 min T3                    |
|           | 23     | Wo     | 17 Sep            | CS Piramideloop: T3: 3,4,5,6,5,4,3 min (2 min rust T1 na iedere T3)   |
|           | Za     | 20 Sep |                   | Duurloop 14 km T1                                                     |
|           | Ma     | 22 Sep | L                 | Blokklooptempo 45 min: 3 x (4 min T2 + 11 min T3)                     |
|           | 24     | Wo     | 24 Sep            | Interval 50 min: 10 min T1, 7x (5 min T3 + 2 min rust), 5 min T1      |
|           | Za     | 27 Sep |                   | Duurloop 15 km T1                                                     |
|           | Taper  | Ma     | 29 Sep            | K                                                                     |
| 25        |        | Wo     | 1 Oct             | 60 min: 4 x (10 min T1 + 5 min T3)                                    |
| Za        |        | 4 Oct  |                   | Gulbergen                                                             |
| Ma        |        | 6 Oct  |                   | Blokduurloop 45 min: 30 min T1, 15 min T2                             |
| 26        |        | Wo     | 8 Oct             | CS Duurloop 40 min T1                                                 |
| Za        |        | 11 Oct |                   | Dag voor event - Vrij lopen                                           |
| Zo        |        | 12 Oct |                   | Halve Marathon Eindhoven                                              |
| Ma        |        | 13 Oct |                   | Duurloop 45 min T1 of Herstelloop                                     |
| Wo        |        | 15 Oct |                   | 45 min: 3 x (10 min T1+ 5 min T2)                                     |
| Za        |        | 18 Oct | L                 | Duurloop 9 km T1                                                      |
| Ma        |        | 20 Oct |                   | 36 min: 3 x (10 min T1+ 2 min T2)                                     |
| Wo        |        | 22 Oct | K                 | Blokduurloop 45 min: 20 min T1, 10 min T2, 15 min T1                  |
| Za        | 25 Oct |        | Duurloop 10 km T1 |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |
|           |        |        |                   |                                                                       |