

| trainingsschema februari 2012 | | |
|--------------------------------------|----|------------------------------------------------------------------------------------------|
| ma | 30 | HL 50 min |
| di | 31 | W-up; 3x[3x400 m]; I = 110%; p 200 m dribb Sp 400m dribb. 15 min HL |
| wo | 1 | DL 2 10 km |
| do | 2 | W-up; 8x 5 min DL 3; P 1 min dribb; 15 min HL |
| vr | 3 | rust |
| za | 4 | Heuveltraining 90 min (incl in- en uitlopen) |
| zo | 5 | Bosloop 50 min |
| ma | 6 | HL 50 min |
| di | 7 | W-up; 2x[3x1000 m] ; I= 100 % 105%; p 200 m dribb.Sp 400 m dribb. HL 15 min |
| wo | 8 | DL 2 12 km |
| do | 9 | W-up; 3x 15 min DL 2; P 1 min dribb. 15 min HL |
| vr | 10 | rust |
| za | 11 | Heuveltraining 90 min (incl in- en uitlopen) |
| zo | 12 | Bosloop 60 min of Cross Valkenswaard |
| ma | 13 | HL 50 min |
| di | 14 | W-up; 2x[400 m – 800 m – 1200 m]; I = 100 - 105%; p 200 m dribb Sp 400m dribb. 15 min HL |
| wo | 15 | DL 1 14 km |
| do | 16 | W-up; 2x 20 min DL 2; P 1 min dribb.; 15 min HL |
| vr | 17 | rust |
| za | 18 | Heuveltraining 90 min (incl in- en uitlopen) |
| zo | 19 | Bosloop 50 min (Carnaval) |
| ma | 20 | HL 50 min |
| di | 21 | W-up ; 3x[7x 15 sec]; I snel ; P 1 min DL 2 Sp 400 m dribb; 15 min HL |
| wo | 22 | DL 1 10 km |
| do | 23 | W-up; 45 min DL 1; 5 min DL 3; 15 min HL |
| vr | 24 | rust |
| za | 25 | Heuveltraining 90 min (incl in- en uitlopen) of Halve Marathon Eersel |
| zo | 26 | Bosloop 60 min |