

# TRAININGSSCHEMA SPRINTEN



TR. PROGRAMMA	
week 1	1 6x60m (60%) HP60" 2x6x25m HP20"/SP4'
	2 6x60m (2x30m/60%) HP60" 2x7x25m HP20"/SP4'
	3 6x60m (20m-40m/60%) HP60" 2x8x30m HP20"/SP4'
week 2	4 7x50m (70%) HP50" 2x9x30m HP30"/SP4'
	5 7x50m (2x25m/70%) HP60" 2x10x15m HP20"/SP3'
	6 7x50m (20m-30m/70%) HP60" 3x8x15m HP20"/SP3'
week 3	7 8x40m (80%) HP40" 2x8x5m HP30"/SP4'
	8 8x40m (2x20m/80%) HP40" 2x9x5m HP30"/SP4'
	9 8x40 (10m-30m/80%) HP40" 3x8x5m HP20"/SP3'
week 4	10 9x30m (90%) HP 30" 3x100m HP2'
	11 9x30m (2x15m/90%) HP 30" 3x120m HP2'
	12 9x30m (20m-10m/90%) HP30" 4x200m HP4'
week 5	13 10x20m (100%) HP20" 2x10x5m HP20"/SP3'
	14 10x20m (2x10m/100%) HP20" 4x8x5m HP20"/SP3'
	15 10x20m (5m-15m/100%)HP20" 4x10x5m HP20"/SP3'
week 6	16 8x40m (80%) HP40" 3x300 HP4'
	17 8x40m (10m-30m/80%) HP40" 2x2x200m HP2'/SP4'
	18 8x40m (30m-10m/80%) HP40" 6x80m SP1'30"
week 7	19 9x30m (90%) HP 30" 2x6x40m HP1'/SP3'
	20 9x30m (10m-20m/90%) HP30" 2x6x35m HP1'/SP3'
	21 9x30m (25m-5m/90%) HP30" 10x10m HP30"/SP4'

SV=Snelheidvoorbereiding / PR=Programma / HP=Herstelpauze / SP=Seriepauze