

Trainingskalender zv Manta te Bergen 2011-2012

07-11							08-11							09-11			
week	26	27	28	29	30		31	32	33	34	35		35	36	37	38	39
m		4	11	18	25		1	8	15	22	29			5	12	19	26
d		5	12	19	26		2	9	16	23*	30			6	13	20	27
w		6	13	20	27		3	10	17	24	31			7	14	21	28
d		7	14	21	28		4	11	18	25*			1	8	15	22	29
v	1	8	15	22	29		5	12	19	26			2	9	16	23	30
z	2	9	16	23	30		6	13	20	27			3	10	17	24	
z	3	10	17	24	31		7	14	21	28			4	11	18	25	

10-11						11-11						12-11					
week	39	40	41	42	43		44	45	46	47	48		48	49	50	51	52
m		3	10	17	24H		31	7	14	21	28			5	12	19	26K
d		4	11	18	25		1	8	15	22	29			6	13*	20*	27
w		5	12	19	26		2	9	16	23	30			7	14	21	28
d		6	13	20	27		3	10	17	24			1	8	15*	22*	29
v		7	14	21	28		4	11	18	25			2	9	16	23	30
z	1	8	15	22	29H		5	12	19	26			3	10	17	24	31
z	2	9	16	23	30		6	13	20	27			4	11	18	25K	

01-12						02-12						03-12					
week	52	1	2	3	4		5	6	7	8	9	9	10	11	12	13	
m		2	9	16	23		30	6	13	20C	27		5	12	19	26	
d		3	10*	17	24		31	7	14	21C	28		6	13	20	27	
w		4	11	18	25		1	8	15	22	29		7	14	21	28	
d		5	12*	19	26		2	9	16	23*		1	8	15	22	29	
v		6	13	20	27		3	10	17	24		2	9	16	23	30	
z		7	14	21	28		4	11	18	25		3	10	17	24	31	
z	1	8	15	22	29		5	12	19C	26		4	11	18	25		

04-12						05-12						06-12					
week	13	14	15	16	17		18	19	20	21	22	22	23	24	25	26	
m		2	9P	16	23		30K	7	14	21	28P		4	11	18	25	
d		3	10	17	24		1*	8	15*	22	29		5	12*	19*	26*	
w		4	11	18	25		2	9	16	23	30		6	13	20	27	
d		5	12	19	26		3*	10	17H	24	31		7	14*	21*	28*	
v		6	13	20	27		4	11	18	25		1	8	15	22	29	
z		7	14	21	28		5	12	19	26		2	9	16	23	30	
z	1	8P	15	22	29		6	13	20	27P		3	10	17	24		

* = 1 uur trainen van 18.30 - 19.30 uur