

Trainingskalender Nijmegen 50 m bad 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	

17/18 dec sprint/estaffette kamp.
 14/15 jan LWK
 25/26 febr. Multi Meet Cuijk
 21/22 april Ettelbruck Luxemburg

12/13 mei LKA
 19/20 mei LKA
 9/10 juni LKB
 16/17 juni NJK