

Datum	5km	10km
2/11/2020	10 x 200m (200m)	3 x 200m(200m) - 3x400m(200m) - 400m recup - 1 x 800m (400m) - 1 x 1000m
9/11/2020	3x200 (200m) - 3x 400m(200m) - 3x200m(200m) tussen de reeksen 400m	400m (200m)-600m (400m) -800m (400m) -1000m (400m) -800m (400m) - 600m (200m) 400m
16/11/2020	200m(300m)- 500m (400m) - 1000m-(300m) - 500m (200m) - 200m	500m (400m) - 1000m(300m) - 500m(400m) - 1000m(300m) - 500m
23/11/2020	Fartlek: 1 ronde tempo joggingpiste - 3 ronden op piste 100m rap - 100m traag - 5 x 400m (200m)	Fartlek: idem als 5km maar supplementair 1 x 1000m
30/11/2020	100m(100m) - 200m(100m) - 300m(400m) 400m(300m)- 500m(400m) - 400m(300m) - 300m(200m) - 200m(100m) - 100m	400m(200m) - 600m(400m) - 800m(400m) - 1000m(400m) - 800m(400m) - 600m(200m) - 400m
7/12/2020	10 x 200m (200m)	2 reeksen 4 x 400m(200m) - 400m tussen reeksen
14/12/2020	3 x 1000m (400m)	4 of 5 x 1000m (400m)
21/12/2020	2 reeksen 4 x 300m (200m) - 400m tussen reeksen	400m- 800m -1200m - 800m - 400m (400m)
28/12/2020	5 x 500m (300m)	10 x 500m (300m)

Datum	5km	10km
7/09/2020	3 x 200m(200m) - 400m recup - 2 x 400m (200m) - 3 x 200m (200m)	400m - 800m - 800m - 1000m - 1000m - 1000m (400m)
14/09/2020	200m(200m) - 400m (200m) - 600m(400m) -800m(400m) -1000m	1000m - 2000m - 1000m - 800m(400m)
21/09/2020	5 x 500m (300m)	8 x 500m(300m)
28/09/2020	100m(100m) - 200m(100m) - 300m(200m) - 400m(300m) - 500m(200m) - 400m(100m) -300m(200m) -200m(100m) - 100m	400m(200m) -600m(400m) -800m(400m) -1000m(400m) -800m(400m) - 600m(200m) -400m
5/10/2020	12x200m (200m)	5x400m(200m) - 400m recup) - 5 x 400m(200m)
12/10/2020	200m(200m) - 400m (200m) - 600m(400m) -800m(400m) -1000m	5 x 1000m(400m)
19/10/2020	200m(200m) - 400m(200m) - 600m(400m) - 800m(400m) - 600m(400m) - 400m	400m- 800m -1200m - 800m - 400m (400m)
27/10/2020	TEST TRAINING: 2 rondjes 100m rap - 100m traag: 1000m of 3000m voluit	

Datum	5km	10km
15/06/2020	10 x 200m (200m)	2 reeksen 5 x 400m (200m). Tussen de reeksen 400m
22/06/2020	3x200 (200m) - 3x 400m(200m) - 3x200m(200m)	400m-800m-1200m-800m-400m (telkens 400m)
29/06/2020	200m(200m)-400m(200m)-600m(400m)-800m(400m)-600m(200m)400m(200m)-200m	3x400m(200m) - 2x800m(400m) - 2x1000m(400m). Tussen de reeksen 400m
6/07/2020	3x1000m (400m)	5x1000m (400m)
13/07/2020	10x200m (200m)	500m(300m) - 1000m(300m) - 1500m(300m) - 2000m(300m)
20/07/2020	3x200m(200m) - 3x400m(200m) - 2x 600m(200m). Tussen de reeksen 400m	10 x 500m(300m)
27/07/2020	100m(100m) -200m(100m) - 300m(400m) - 400m(300m) -500m(400m) -400m(100m) - 300m (200m) - 200m(100m) - 100m	1000m-2000m-1000m-2000m (400m)
3/08/2020	3 x 200m (400m) - 2x 400m (400m) - 1 x 800m (400m) - 3 x 200m (200m)	500m(400m) - 1000m(300m) - 500m(400m) - 1000m(300m) - 500m
10/08/2020	6 x 400m (200m)	2 reeksen 5 x 400m (200m). Tussen de reeksen 400m
17/08/2020	10 x 200m (200m)	4 x 100m (100m) - 600m tussen - TEST : 3km VOLUIT
24/08/2020	3 x 1000m (400m)	5 x 1000m (400m)
31/08/2020	200m(200m)-400m(200m)-600m(400m)-800m(400m)-600m(200m)400m(200m)-200m	400m-800m-1200m-1600m - 1200m - 800m-400m (telkens 400m)

Datum	5km	15km-20km
8/03/2020	GAVERVELDLOOP HARELBEKE	
10/03/2020	10 x 200m (200m recup)	5 x 400m (200m) - 2 reeksen tussen reeksen 400m
14/03/2020	TRAIL BLAARMEERSEN	
15/03/2020	ONTBIJTJOGGING JCW	
15/03/2020	SLUIS 5km -10km - 21km	
17/03/2020	10 x 200m (200m)	1500m (400m) - 2000m (400m) - 1000m
24/03/2020	3 x 200m (200m) - 3 x 400m (400m) - 3 x 200m (200m)	200m (200m) - 400m (200m) - 600m (400m) - 800m (400m) - 1000m (400m) - 800m (400m) - 600m (200m) - 400m (200m) - 200m
28/03/2020	INGELMUNSTER 3km - 6km - 11,5km	
31/03/2020	200m (200m) - 400m -(200m) - 600m (400m) - 800m (400m) -600m (200m) - 400m (200m) - 200m	400m - 800m -2000m - 400m - 2000m (400m)
4/04/2020	ROLLEGEM KAPELLE 4,5km (14u45) - 13km (15u30)	
7/04/2020	3 x 200m (200m) - 3 x 400m (400m) - 3 x 600m (200m) - 400m tussen reeksen	4 x 400m - 3 x 800m - 2x 1000m (400m)
14/04/2020	200m (200m) - 400m (200m) - 600m - 2 reeksen 400m tussen reeksen	1000m - 2000m - 1000m - 2000m (400m)
18/04/2020	DE GINSTELOOP OOSTROZEBEKE 7km(14u30) - 10km (15u30)	
18/04/2020	VIJKERKENLOOP ELSEGEM 3,5km - 8km - 21km	
21/04/2020	10 x 200m (200m)	1000m (400m) - 2000m (500m) - 1500m
26/04/2020	10 MILES ANTWERPEN	
26/04/2020	FLANDRIENLOOP OUDENAARDE (10u)	
28/04/2020	10 x 200m (200m)	400m - 800m - 1200m -800m - 400m (400m)
1/05/2020	BAVIKHOVE 6,8km - 9,8km (20u)	
5/05/2020	400m - 800m - 1000m -800m -400m (400m)	3 x 600m(200m) - 3x 800m(400m) - 2 x 1000m (400m) tussen de reeksen 400m
12/05/2020	3 x 200m (200m) - 3 x 400m (400m) - 3 x 600m (200m) - 400m tussen reeksen	6 x 1000m (400m)
15/05/2020	HULSTE 5,3km - 10,5km (20u)	
19/05/2020	5 x 200m (200m) - 5 x 400m (400m) tussen reeksen 400m	500m (400m) - 1000m (300m) - 1500m (400m) - 2000m (400m) - 1000m
26/05/2020	10 x 200m (200m)	1000m - 2000m - 1000m (400m)
29/05/2020	HARELBEKE 5,7km - 11,5km (13u30)	
31/05/2020	20 KM VAN BRUSSEL	

Datum	5km	10 en 21km
7/01/2020	10x200m (200m recup)	400-800-1200-800-400 (400)
13/01/2020	4x200(200) - 400 recup - 3 x 400 (200) - 400 recup - 2 x 800(400) - 400 recup - 1000	4x400(200) - 400 recup - 3 x 800 (400) - 400 recup - 2 x 1000 (400)
21/01/2020	200 (200) - 400(200) - 600(200) - 800(400) - 600(400) - 400(200) - 200	1000(400) - 2000(400) - 1000(400) - 2000(400) - 1000 (enkel 21km)
28/01/2020	4x400(200) - 400 recup - 4x400(200)	5x400(200) - 400 recup - 5x400(200)
2/02/2020	CADZAND 5KM OF HALVE MAATHON	
2/02/2020	BOEZINGE 7KM OF 12KM	
4/02/2020	10x200m (200m recup)	1000(300) - 1500(400) - 2000
11/02/2020	3x200(200) - 400 recup - 3x400(200) - 400 recup - 3x600(200)	3x400(200) - 400 recup - 3x600(200) - 400 recup - 3x800(400)
16/02/2020	DEINZE WINTERJOGGING 4,7KM - 9,3KM - 13,8KM	
18/02/2020	5x200(200) - 400 recup - 5x400(200)	10x500(300)
25/02/2020	500 - 1000 - 500 - 1000 - 500 (400)	400 - 800 - 1200 - 1600 - 1200 - 800 - 400 (400)
3/03/2020	4x1000(400)	6x1000(400)
8/03/2020	CROSS GAVERTRIMMERS HARELBEKE	
10/03/2020	4x200(200) - 400 recup - 4x400(200) - 400 recup - 4x200(200)	3x600(200) - 400 recup - 3x800(400) - 2x1000(400)
15/03/2020	SLUIS 4,7KM - 10KM - HALVE MARATHON	