

**Programma**

**April**

**2024**



**Donderdag**

**trainer**

**John Klerkx**

Datum	programma	herstel	sp	tempo	week
4-apr	1000-200-1000-400-1000-400-1000-200m	200		zone 4	14
11-apr	5x300m-5x600m-5x300m	100-200		zone 4/5	15
18-apr	2000-1600-1000-1600-1000-400m	200		zone 4	16
25-apr	2x(7x 250m)	150	550	zone 5	17