

Oktober

| oktober |           |      |       |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|---------|-----------|------|-------|----------------------------------------------------------------------------------------------------------------------------------------|------|-----------|----------|-------------------------|------------------------------------------------------------------------------------------------|----|---|
| week    | dag       | Week | datum | programma                                                                                                                              | Bais | Diepe Hel | Marathon | Locatie                 |                                                                                                |    |   |
| 40      | donderdag |      | 1     | MG: DL1 10 km, waarvan 3 x 1 km MT/ P 1 km DL1<br><br>Basis DL1 15 <b>DH:</b> 21 km <b>MG:</b> DL1 30 km<br><b>Halve van Oldenzaal</b> | 15   | 21        | 10       |                         |                                                                                                |    |   |
|         | vrijdag   |      | 2     |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | zaterdag  |      | 3     |                                                                                                                                        |      |           | 30       |                         |                                                                                                |    |   |
|         | zondag    |      | 4     |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
| 41      | maandag   |      | 5     | Negatieve split; <b>MG</b> 35 min DL1/MT <b>DH</b> 30 min DL1/DHT                                                                      | 11   | 11        | 12       | Industrie terrein       |                                                                                                |    |   |
|         | dinsdag   |      | 6     | 5 x 600 int P2, 4 x 800 ext P2<br>MG: DL1 10 km                                                                                        |      |           | 10       |                         |                                                                                                |    |   |
|         | woensdag  |      | 7     |                                                                                                                                        |      |           | 10       |                         |                                                                                                |    |   |
|         | donderdag |      | 8     |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | vrijdag   |      | 9     | DL1 15. <b>DH</b> 19 km. <b>MG</b> 21 (7 km DL1, 7 km MT, 7 km DL1) <b>LTM</b>                                                         | 15   | 19        | 15       |                         |                                                                                                |    |   |
|         | zaterdag  |      | 10    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | zondag    |      | 11    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
| 42      | maandag   |      | 12    | <b>MG:</b> 5 x 2000 (afwisselend DL1/MT) <b>DH:</b> 4 x 2000 (afwisselend DL1, DL2)                                                    | 12   | 12        | 14       | Knik/Koffie drinken     |                                                                                                |    |   |
|         | dinsdag   |      | 13    | 6 x 1000 mtr ext P2 ( <b>MG:</b> 2x ext, 2x MT, 2x ext. <b>DH:</b> 2x ext, 2x int, 2x ext.)<br>geen MG training                        | 10   | 10        | 10       | Geert van de woudstraat |                                                                                                |    |   |
|         | woensdag  |      | 14    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | donderdag |      | 15    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | vrijdag   |      | 16    | DL1 15, <b>DH</b> 14 km. Voor Marathonlopers DL1 60 min<br><b>Marathon Amsterdam</b>                                                   | 15   | 14        | 7-10     |                         |                                                                                                |    |   |
|         | zaterdag  |      | 17    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | zondag    |      | 18    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
| 43      | maandag   |      | 19    | 40 DL1, 10 DL2, 20 DL1                                                                                                                 | 12   | 12        |          | Vuilnisbult             |                                                                                                |    |   |
|         | dinsdag   |      | 20    | 10 x 600 mtr. Afwisselend int/ext P1/P2. 2 x int, 2x ext, 2x int, 2 x ext, 2 x int.                                                    | 10   | 10        |          |                         |                                                                                                |    |   |
|         | woensdag  |      | 21    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | donderdag |      | 22    |                                                                                                                                        |      |           |          |                         | DL1 15, Voor holterberg lopers DL1 45- 60 min<br><b>Diepe hel Holterbergloop (10- 21,1 km)</b> | 15 | 7 |
|         | vrijdag   |      | 23    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | zaterdag  |      | 24    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | zondag    |      | 25    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
| 44      | maandag   |      | 26    | DLH                                                                                                                                    | 15   |           |          | t Goor                  |                                                                                                |    |   |
|         | dinsdag   |      | 27    | Herstel training                                                                                                                       |      |           |          |                         |                                                                                                |    |   |
|         | woensdag  |      | 28    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | donderdag |      | 29    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |
|         | vrijdag   |      | 30    | DL1 15 km                                                                                                                              |      |           |          |                         |                                                                                                |    |   |
|         | zaterdag  |      | 31    |                                                                                                                                        |      |           |          |                         |                                                                                                |    |   |

~DL2 marathon tempo  
~DL3 halve marathon tempo

MG: Marathon groep  
7H: Zeven heuvelen  
DH: Diepe hel