Start 2 Run 2014

2 minuten LOPEN
2 minuten LOPEN (weekend)
2 minuten STAPPEN

5 min stappen VOOR elke training
5 min stappen NA elke training

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	L	S	T
1	18-feb-14	di	1	3			1	3			2		3			1	3			1	3			2																																								8	15	23
	20-feb-14	do	1	2		1	2		1	2		1	2			1	2		1	2		1	2		1																																								8	14	22
	...	we	1	3			2		3			1	3			2		3			1																																													7	12	19
2	25-feb-14	di	1	2		2		2		3			2			1	2		2		2		3																																										12	10	22
	27-feb-14	do	2		2		2		2		2		2		2		2		2																																													10	8	18
	...	we	1	2		2		2		1	2		3			2		1																																														8	8	16
3	04-mrt-14	di	4				2		4				2		4				2		3			2		3			2		3																																21	10	31
	06-mrt-14	do	3			2		3			2		3			2		3			2		3																																										15	8	23
	...	we	2		2		2		2		2		2		2		2		2																																													10	8	18
4	11-mrt-14	di	4				2		6				4				4				2		6																																									20	8	28
	13-mrt-14	do	4				2		4				2		4				2		4			2		4																																							20	8	28
	...	we	1	2		2		2		3			2			1	2		2		2		3																																										12	10	22
5	18-mrt-14	di	4				2		8									4				4			2		10																																				26	8	34
	20-mrt-14	do	6							4					6					4						6																																						24	12	36
	...	we	3			2		3			2		3			2			3			2		3			2		3																																		18	10	28
6	25-mrt-14	di	15															Test 15'' lopen																																														15		
	27-mrt-14	do	7						3				7							3			7							3			7																														28	9	37
	...	we	2		2		4				2		2		2		4				2		2		2		4																																				18	10	28
7	01-apr-14	di	6						2		10										4				6					2		12																																34	8	42
	03-apr-14	do	8							2			8								2			8					2		8																																	32	6	38
	...	we	3			2		5					2		3				2		5				2		3																																					19	8	27
8	08-apr-14	di	8							2		14												4				4			2		14																															40	8	48
	10-apr-14	do	9								2		9												2		9					2		9																														36	6	42
	...	we	2		2		8							2		2		2		8									2		2																																22	8	30
9	15-apr-14	di	6						2		16													4				4			4		18																															44	10	54
	17-apr-14	do	10									3				10									3				10					3																													40	9	49
	...	we	3			2		9						2		3			2		9									2		3																															27	8	35
10	22-apr-14	di	5				2				20																			4			5					2		15																					45	8	53
	24-apr-14	do	12												2		12														2		12																													48	6	54
	26-apr-14	ZA	TEST 5KM JOGGING - LenteJogging 2014																																																															