|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Dinsdag | | Donderdag | | Weekend | |
| Week 1 5/11 | 3km |  | 4km |  | 5km |  |
| Week 2 12/11 | 3km |  | 5km |  | 6,5km |  |
| Week 3 19/11 | 4km |  | 5km |  | 8km |  |
| Week 4 26/11 | 4km |  | 5km |  | 8km |  |
| Week 5 3/12 | 5km |  | 6km |  | 9,5 km |  |
| Week 6 10/12 | 5km |  | 6km |  | 9,5km |  |
| Week 7 17/12 | 5km |  | 6 km |  | 8km |  |
| Week 8 24/12 | 5km |  | 5km |  | 8km |  |
| Week 9 31/12 | 5km |  | 5km |  | 8km |  |
| Week 10 7/01 | 5km |  | 5km |  | 8km |  |
| Week 11 14/01 | 5km |  | 5km |  | 8km |  |
| Week 12 21/01 | 5km |  | 5km |  | 8km |  |
| Week 13 28/01 | 5km |  | 11km |  |  |  |
| Week 14 4/02 |  |  | SKIEN |  |  |  |
| Week 15 11/02 | 5km |  | 6km |  | 15km |  |
| Week 16 18/02 | 8km |  | 6km |  | 17 km |  |
| Week 17 25/02 | 8km |  | 6km |  | 19 |  |
| Week 18 4/03 | 6km |  | 5km |  | 21 |  |
| Week 19 11/3 | 3km |  | 20 min ezy |  | Wedstrijd |  |