

# Basis-schema 17-18

## TRAININGSSCHEMA AFGELASTING REGEN

Maandag	A1/1	A1/2	A2/1	A2/2	B1/1	B1/2	B2/1	B2/2	C1/1	C1/2	C2/1	C2/2
18:10 - 19:10	9.3	9.8	9.7-9.5	9.4	REGEN		AFGELASTING		KEEPERSTRAINEN		11.4	7.2-9.6
19:10 - 20:20	13.4		13.2		REGEN		AFGELASTING		KEEPERSTRAINEN		15.5	
20:20 - 22:00	ZA5		17.5		REGEN		AFGELASTING		17.3		ZA2	
Dinsdag	A1/1	A1/2	A2/1	A2/2	B1/1	B1/2	B2/1	B2/2	C1/1	C1/2	C2/1	C2/2
18:10 - 19:10	11.1	11.2-11.3	11.5	7.3-7.1	REGEN		AFGELASTING		13.3-9.1		MO.15.1-9.2	
19:10 - 20:20	15.1		15.2-13.5		REGEN		AFGELASTING		13.1		MO.17.1-17.2	
20:20 - 22:00	BOEIMEER1-KT		ZO2		REGEN		AFGELASTING		19.1		17.1	
Woensdag	A1/1	A1/2	A2/1	A2/2	B1/1	B1/2	B2/1	B2/2	C1/1	C1/2	C2/1	C2/2
18:10 - 19:10					REGEN		AFGELASTING		7.4	11.9	13.6	
19:10 - 20:20	17.4		15.5		REGEN		AFGELASTING		13.2		DA35-G1	
20:20 - 22:00	ZA6-ZO4		ZA4-ZA5		REGEN		AFGELASTING		ZO5		ZA2-ZO6	
14:00 - 15:00	?	?	?	?								
15:00 - 16:00	?	?	?	?								
Donderdag	A1/1	A1/2	A2/1	A2/2	B1/1	B1/2	B2/1	B2/2	C1/1	C1/2	C2/1	C2/2
18:10 - 19:10	11.1	11.2	11.3-11.8	11.6-11.7	REGEN		AFGELASTING		13.3-MO.15.1		9.1	9.2
19:10 - 20:20	15.1		15.2		REGEN		AFGELASTING		13.1-17.3		17.2-MO.17.1	
20:20 - 22:00	BOEIMEER1		19.1		REGEN		AFGELASTING		17.1		ZO2-ZA3	
Vrijdag	A1/1	A1/2	A2/1	A2/2	B1/1	B1/2	B2/1	B2/2	C1/1	C1/2	C2/1	C2/2
18:10 - 19:10	PLUSVOETBAL				REGEN		AFGELASTING					
19:10 - 20:20	15.3		15.4		REGEN		AFGELASTING		17.4-13.5		DA35	
20:20 - 22:00	ZO3		ZO4		REGEN		AFGELASTING		ZO5		ZO6	