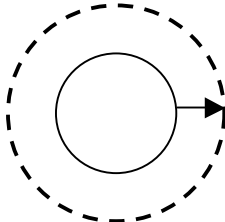
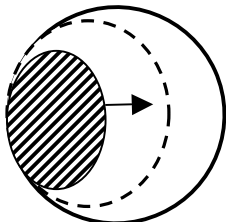
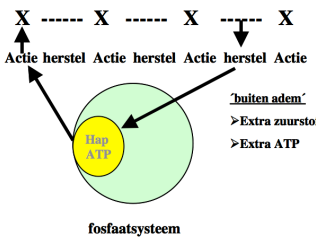


Periodiseringsmodel (6 weken)

| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---------------|-------------|-------------|---------|-----------|-------------|--------|-------------|-------------|-------------|---|--|----------|-------------|----------------|---------|----------|-----------|--------|-------------|-------------|---|-------------|----------------------|--|-------------|--------|--------|------------|--------|-----|-------------|-----------|-------------|----------------------|
| <p style="text-align: center;">Explosiviteitsvoorbereidende vormen ('Steigerungen')</p> <p><u>in de voorbereiding:</u></p> <p>training 1 & 2 6 x 60m versnellen 60% 60 sec rust</p> <p>training 3 & 4 7 x 50m versnellen 70% 50 sec rust</p> <p>training 5 & 6 8 x 40m versnellen 80% 40 sec rust</p> <p>training 7 & 8 9 x 30m versnellen 90% 30 sec rust</p> <p>training 9 & 10 10 x 20m versnellen 100% 20 sec rust</p> <p><u>tijdens het seizoen:</u></p> <p>8 x 40m versnellen 80% 40 sec rust</p> <p>9 x 30m versnellen 90% 30 sec rust</p> | <p style="text-align: center;">Voetbalsprints met weinig rust volhouden van snel handelen volhouden van explosief handelen</p> <p style="text-align: center;">X---X---X---X groter maken van het fosfaatsysteem</p> <p style="text-align: center;">X---X---X---X ↑</p> <p style="text-align: center;">volhouden van snel/krachtig druk zetten / vrijlopen</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Herhaald kort sprintvermogen: hersteltijd 72 uur</p> <table style="width: 100%; border: none;"> <tr><td style="width: 30%;">Arbeid</td><td>15-25m</td></tr> <tr><td>Herhalingen</td><td>6-10</td></tr> <tr><td>Rust HH</td><td>10 seconden</td></tr> <tr><td>Series</td><td>2-4</td></tr> <tr><td>Rust series</td><td>4 minuten</td></tr> </table> | Arbeid | 15-25m | Herhalingen | 6-10 | Rust HH | 10 seconden | Series | 2-4 | Rust series | 4 minuten | <p style="text-align: center;">Voetbalsprints met veel rust beter handelen explosiever handelen</p> <p style="text-align: center;">X</p> <p style="text-align: center;">X</p> <p style="text-align: center;">↑</p> <p style="text-align: center;">sneller/krachtiger druk zetten / vrijlopen</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Start- en Versnellingsvermogen: 48 uur</p> <table style="width: 100%; border: none;"> <tr><td style="width: 30%;">Arbeid</td><td>5/15/25m</td></tr> <tr><td>Herhalingen</td><td>6/4/2 - 10/8/6</td></tr> <tr><td>Rust HH</td><td>30/45/60</td></tr> <tr><td>Series</td><td>-</td></tr> <tr><td>Rust series</td><td>4 minuten</td></tr> </table> | Arbeid | 5/15/25m | Herhalingen | 6/4/2 - 10/8/6 | Rust HH | 30/45/60 | Series | - | Rust series | 4 minuten | | | | | | | | | | | | | | |
| Arbeid | 15-25m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Herhalingen | 6-10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust HH | 10 seconden | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Series | 2-4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust series | 4 minuten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Arbeid | 5/15/25m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Herhalingen | 6/4/2 - 10/8/6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust HH | 30/45/60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Series | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust series | 4 minuten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">Grote partijvormen 11v11 / 8v8 volhouden vaak handelen volhouden van snel herstellen</p> <p style="text-align: center;">X---X-----X-----X-----X</p> <p style="text-align: center;">X---X---X---X---X---X---X---X</p> <p style="text-align: center;">↑</p> <p>90 min zuurstof toevoer naar de spieren (longen hart, bloed, bloedvaten)</p> <p style="text-align: center;">Volhouden van vaak vrijlopen / drukzetten</p> <p style="text-align: center;">Extensieve duurtraining: hersteltijd 24 uur</p> <table style="width: 100%; border: none;"> <tr><td style="width: 30%;">Arbeid</td><td>10-15 minuten</td></tr> <tr><td>Herhalingen</td><td>2-6 x</td></tr> <tr><td>Rust HH</td><td>2 minuten</td></tr> <tr><td>Series</td><td>-</td></tr> <tr><td>Rust series</td><td>-</td></tr> <tr><td>Intensiteit</td><td>50-60% (140/160 sl/min)</td></tr> </table> | Arbeid | 10-15 minuten | Herhalingen | 2-6 x | Rust HH | 2 minuten | Series | - | Rust series | - | Intensiteit | 50-60% (140/160 sl/min) | <p style="text-align: center;">Middengrote partijvormen 7v7 / 5v5 volhouden vaak handelen volhouden van snel herstellen</p> <p style="text-align: center;">X---X-----X-----X-----X</p> <p style="text-align: center;">X---X---X---X---X---X---X---X</p> <p style="text-align: center;">↑</p> <p>90 min zuurstoftoevoer naar de spieren (longen hart, bloed, bloedvaten)</p> <p style="text-align: center;">Volhouden van vaak vrijlopen / drukzetten</p> <p style="text-align: center;">Intensieve duurtraining: hersteltijd 48 uur</p> <table style="width: 100%; border: none;"> <tr><td style="width: 30%;">Arbeid</td><td>4-8 minuten</td></tr> <tr><td>Herhalingen</td><td>4-6 x</td></tr> <tr><td>Rust HH</td><td>2 minuten</td></tr> <tr><td>Series</td><td>-</td></tr> <tr><td>Rust series</td><td>-</td></tr> <tr><td>Intensiteit</td><td>70% (160-170 sl/min)</td></tr> </table> | Arbeid | 4-8 minuten | Herhalingen | 4-6 x | Rust HH | 2 minuten | Series | - | Rust series | - | Intensiteit | 70% (160-170 sl/min) | <p style="text-align: center;">Kleine partijvormen 4v4 / 3v3 vaker handelen sneller herstellen</p> <p style="text-align: center;">X-----X</p> <p style="text-align: center;">X---X---X</p> <p style="text-align: center;">↑</p> <p style="text-align: center;">Vaker vrijlopen / druk zetten</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Extensieve intervaltraining: hersteltijd 72 uur</p> <table style="width: 100%; border: none;"> <tr><td style="width: 30%;">Herhalingen</td><td>6-10 x</td></tr> <tr><td>Arbeid</td><td>3-1 minuut</td></tr> <tr><td>Series</td><td>2 x</td></tr> <tr><td>Rust series</td><td>4 minuten</td></tr> <tr><td>Intensiteit</td><td>80% (170-180 sl/min)</td></tr> </table> | Herhalingen | 6-10 x | Arbeid | 3-1 minuut | Series | 2 x | Rust series | 4 minuten | Intensiteit | 80% (170-180 sl/min) |
| Arbeid | 10-15 minuten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Herhalingen | 2-6 x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust HH | 2 minuten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Series | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust series | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Intensiteit | 50-60% (140/160 sl/min) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Arbeid | 4-8 minuten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Herhalingen | 4-6 x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust HH | 2 minuten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Series | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust series | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Intensiteit | 70% (160-170 sl/min) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Herhalingen | 6-10 x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Arbeid | 3-1 minuut | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Series | 2 x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rust series | 4 minuten | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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Periodiseringsmodel

| etc | | etc | | etc | | etc | | etc | | etc | |
|--|--|--------|--|----------------------------------|--|--------|--|---|--|--------|--|
| 19 | | 20 | | 21 | | 22 | | 23 | | 24 | |
| 13 | | 14 | | 15 | | 16 | | 17 | | 18 | |
| 7 | | 8 | | 9 | | 10 | | 11 | | 12 | |
| Week 1 | | Week 2 | | Week 3 | | Week 4 | | Week 5 | | Week 6 | |
| Explosiviteits- voorbereidende vormen | | | | Voetbalsprint met weinig rust | | | | Voetbalsprint met Veel rust | | | |
| | | | | Volhouden explosief handelen | | | | Explosief handelen | | | |
| | | | | Herhaald kort sprintvermogen | | | | startsnelheid & versnellingsvermogen | | | |
| 11v11 / 10v10 / 9v9 / 8v8 | | | | 7v7 / 6v6 / 5v5 | | | | 4v4 / 3v3 | | | |
| Volhouden van Snel herstellen | | | | Volhouden van Snel herstellen | | | | sneller herstellen | | | |
| extensieve duurtraining | | | | intensieve duurtraining | | | | extensieve interval training | | | |

Periodisering binnen trainingsmethoden

| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|----------|---|--------------|-------------|---|--------|-------------|---------|---------|-------------|--------|-----|---|---------|---------|--------|--------|-----|---|---------|---------|--------|--------|-----|---|---------|---------|--------|--------|-----|---|---------|---------|--------|--------|-----|----|---------|---------|--------|--------|-----|---|---------|---------|--------|--------|-----|---|---------|---------|--------|--------|-----|---|---------|---------|--------|--------|-----|----|---------|---------|--------|---------|-----|---|---------|---------|--------|---------|-----|---|---------|---------|--------|---------|-----|----|---------|---------|--------|---------|----|----|---------|---------|--------|---------|----|----|---------|---------|--------|--|---|---|---------|---------|---------|-------------|--------|----------|---------|--------------|--------|--------|----------|-------|--------------|---------|--------|----------|-------|--------------|---------|---------|----------|--------|--------------|--------|---------|----------|-------|--------------|--------|--------|----------|---------|--------------|--------|--------|----------|--|--------------|--------|--------|----------|-------|--------------|--------|-------------|----------|--------|--------------|--------|---------|----------|--------|--------------|--------|---------|----------|--------|--------------|--------|---------|----------|--------|--------------|--------|----------|----------|--------|--------------|--------|--------|--------|---|--------|---|---|--------|----------|---|--------|---|---|--------|--------|---|--------|---|---|--------|----------|---|--------|---|---|--------|--------|---|--------|---|---|---------|--------|---|--------|---|---|---------|----------|---|--------|---|---|---------|--------|---|--------|---|---|---------|--------|---|--------|---|---|---------|----------|---|--------|---|---|---------|--------|---|--------|---|---|--|--|--|--------|----|---------|--------|-------------|--------|--------|---|--------|---|--------|--------|--------|---|----------|---|--------|--------|--------|---|--------|---|--------|--------|--------|---|----------|---|--------|--------|--------|---|--------|---|--------|--------|----------|---|--------|---|--------|--------|--------|---|--------|---|--------|--------|----------|---|--------|---|--------|--------|--------|---|--------|---|--------|---------|--------|---|--------|---|--------|---------|--------|---|--------|---|--------|---------|--------|---|--------|---|--------|---------|--------|----|--------|---|--------|
| Explosiviteitsvoorbereidende vormen (‘Steigerungen’) | | Voetbalsprints met weinig rust HERHAALD KORT SPRINTVERMOGEN | | | Voetbalsprints met veel rust START- & VERSNELLINGSVERMOGEN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>in de voorbereiding:</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| training 1 & 2 6 x 60m versnellen 60% 60 sec rust | | <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Arbeid</th> <th>HH</th> <th>Rust HH</th> <th>Series</th> <th>Rust series</th> </tr> </thead> <tbody> <tr><td>Stap 1</td><td>15m</td><td>6</td><td>10 sec.</td><td>2</td><td>4 min.</td></tr> <tr><td>Stap 2</td><td>15m</td><td>7</td><td>10 sec.</td><td>2</td><td>4 min.</td></tr> <tr><td>Stap 3</td><td>15m</td><td>8</td><td>10 sec.</td><td>2</td><td>4 min.</td></tr> <tr><td>Stap 4</td><td>15m</td><td>9</td><td>10 sec.</td><td>2</td><td>4 min.</td></tr> <tr><td>Stap 5</td><td>15m</td><td>10</td><td>10 sec.</td><td>2</td><td>4 min.</td></tr> <tr><td>Stap 6</td><td>15m</td><td>7</td><td>10 sec.</td><td>3</td><td>4 min.</td></tr> <tr><td>Stap 7</td><td>15m</td><td>8</td><td>10 sec.</td><td>3</td><td>4 min.</td></tr> <tr><td>Stap 8</td><td>15m</td><td>9</td><td>10 sec.</td><td>3</td><td>4 min.</td></tr> <tr><td>Stap 9</td><td>15m</td><td>10</td><td>10 sec.</td><td>3</td><td>4 min.</td></tr> <tr><td>Stap 10</td><td>15m</td><td>8</td><td>10 sec.</td><td>4</td><td>4 min.</td></tr> <tr><td>Stap 11</td><td>15m</td><td>9</td><td>10 sec.</td><td>4</td><td>4 min.</td></tr> <tr><td>Stap 12</td><td>15m</td><td>10</td><td>10 sec.</td><td>4</td><td>4 min.</td></tr> <tr><td>Stap 13</td><td>20</td><td>10</td><td>10 sec.</td><td>4</td><td>4 min.</td></tr> <tr><td>Stap 14</td><td>20</td><td>10</td><td>10 sec.</td><td>4</td><td>4 min.</td></tr> </tbody> </table> | | | | Arbeid | HH | Rust HH | Series | Rust series | Stap 1 | 15m | 6 | 10 sec. | 2 | 4 min. | Stap 2 | 15m | 7 | 10 sec. | 2 | 4 min. | Stap 3 | 15m | 8 | 10 sec. | 2 | 4 min. | Stap 4 | 15m | 9 | 10 sec. | 2 | 4 min. | Stap 5 | 15m | 10 | 10 sec. | 2 | 4 min. | Stap 6 | 15m | 7 | 10 sec. | 3 | 4 min. | Stap 7 | 15m | 8 | 10 sec. | 3 | 4 min. | Stap 8 | 15m | 9 | 10 sec. | 3 | 4 min. | Stap 9 | 15m | 10 | 10 sec. | 3 | 4 min. | Stap 10 | 15m | 8 | 10 sec. | 4 | 4 min. | Stap 11 | 15m | 9 | 10 sec. | 4 | 4 min. | Stap 12 | 15m | 10 | 10 sec. | 4 | 4 min. | Stap 13 | 20 | 10 | 10 sec. | 4 | 4 min. | Stap 14 | 20 | 10 | 10 sec. | 4 | 4 min. | <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Arbeid</th> <th>HH</th> <th>Rust HH</th> <th>Rust series</th> </tr> </thead> <tbody> <tr><td>Stap 1</td><td>5/15/25m</td><td>6/4/2</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 2</td><td>5/15/25m</td><td>7/4/2</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 3</td><td>5/15/25m</td><td>7/5/2</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 4</td><td>5/15/25m</td><td>7/5/3</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 5</td><td>5/15/25m</td><td>8/5/3</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 6</td><td>5/15/25m</td><td>8/6/3</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 7</td><td>5/15/25m</td><td>8/6/4</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 8</td><td>5/15/25m</td><td>9/6/4</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 9</td><td>5/15/25m</td><td>9/7/4</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 10</td><td>5/15/25m</td><td>9/7/5</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 11</td><td>5/15/25m</td><td>10/7/5</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 12</td><td>5/15/25m</td><td>10/8/5</td><td>30/45/60 sec</td><td>4 min.</td></tr> <tr><td>Stap 13</td><td>5/15/25m</td><td>10/8/6</td><td>30/45/60 sec</td><td>4 min.</td></tr> </tbody> </table> | | | Arbeid | HH | Rust HH | Rust series | Stap 1 | 5/15/25m | 6/4/2 | 30/45/60 sec | 4 min. | Stap 2 | 5/15/25m | 7/4/2 | 30/45/60 sec | 4 min. | Stap 3 | 5/15/25m | 7/5/2 | 30/45/60 sec | 4 min. | Stap 4 | 5/15/25m | 7/5/3 | 30/45/60 sec | 4 min. | Stap 5 | 5/15/25m | 8/5/3 | 30/45/60 sec | 4 min. | Stap 6 | 5/15/25m | 8/6/3 | 30/45/60 sec | 4 min. | Stap 7 | 5/15/25m | 8/6/4 | 30/45/60 sec | 4 min. | Stap 8 | 5/15/25m | 9/6/4 | 30/45/60 sec | 4 min. | Stap 9 | 5/15/25m | 9/7/4 | 30/45/60 sec | 4 min. | Stap 10 | 5/15/25m | 9/7/5 | 30/45/60 sec | 4 min. | Stap 11 | 5/15/25m | 10/7/5 | 30/45/60 sec | 4 min. | Stap 12 | 5/15/25m | 10/8/5 | 30/45/60 sec | 4 min. | Stap 13 | 5/15/25m | 10/8/6 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Arbeid | HH | Rust HH | Series | Rust series | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 1 | 15m | 6 | 10 sec. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 2 | 15m | 7 | 10 sec. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 3 | 15m | 8 | 10 sec. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 4 | 15m | 9 | 10 sec. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 5 | 15m | 10 | 10 sec. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 6 | 15m | 7 | 10 sec. | 3 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 7 | 15m | 8 | 10 sec. | 3 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 8 | 15m | 9 | 10 sec. | 3 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 9 | 15m | 10 | 10 sec. | 3 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 10 | 15m | 8 | 10 sec. | 4 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 11 | 15m | 9 | 10 sec. | 4 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 12 | 15m | 10 | 10 sec. | 4 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 13 | 20 | 10 | 10 sec. | 4 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 14 | 20 | 10 | 10 sec. | 4 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Arbeid | HH | Rust HH | Rust series | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 1 | 5/15/25m | 6/4/2 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 2 | 5/15/25m | 7/4/2 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 3 | 5/15/25m | 7/5/2 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 4 | 5/15/25m | 7/5/3 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 5 | 5/15/25m | 8/5/3 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 6 | 5/15/25m | 8/6/3 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 7 | 5/15/25m | 8/6/4 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 8 | 5/15/25m | 9/6/4 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 9 | 5/15/25m | 9/7/4 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 10 | 5/15/25m | 9/7/5 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 11 | 5/15/25m | 10/7/5 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 12 | 5/15/25m | 10/8/5 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 13 | 5/15/25m | 10/8/6 | 30/45/60 sec | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>tijdens het seizoen:</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Week 1 van elke nieuwe cyclus: 8 x 40m versnellen 80% 40 sec rust | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Week 2 van elke nieuwe cyclus: 9 x 30m versnellen 90% 30 sec rust | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grote partijvormen 11v11 / 8v8 EXTENSIEVE DUURTRAINING | | Middengrote partijvormen 7v7 / 5v5 INTENSIEVE DUURTRAINING | | | Kleine partijvormen 4v4 / 3v3 EXTENSIEVE INTERVALTRAINING | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Arbeid</th> <th>HH</th> <th>Rust HH</th> <th>Series</th> <th>Rust series</th> </tr> </thead> <tbody> <tr><td>Stap 1</td><td>10 min.</td><td>2</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 2</td><td>11 min.</td><td>2</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 3</td><td>12 min.</td><td>2</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 4</td><td>13 min.</td><td>2</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 5</td><td>14 min.</td><td>2</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 6</td><td>15 min.</td><td>2</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 7</td><td>11 min.</td><td>3</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 8</td><td>12 min.</td><td>3</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 9</td><td>13 min.</td><td>3</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 10</td><td>14 min.</td><td>3</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 11</td><td>15 min.</td><td>3</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 12</td><td>12 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 13</td><td>13 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 14</td><td>14 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 15</td><td>15 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 16</td><td>13 min.</td><td>5</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 17</td><td>14 min.</td><td>5</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 18</td><td>15 min.</td><td>5</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 19</td><td>13 min.</td><td>6</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 20</td><td>14 min.</td><td>6</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 21</td><td>15 min.</td><td>6</td><td>2 min.</td><td>-</td><td>-</td></tr> </tbody> </table> | | | Arbeid | HH | Rust HH | Series | Rust series | Stap 1 | 10 min. | 2 | 2 min. | - | - | Stap 2 | 11 min. | 2 | 2 min. | - | - | Stap 3 | 12 min. | 2 | 2 min. | - | - | Stap 4 | 13 min. | 2 | 2 min. | - | - | Stap 5 | 14 min. | 2 | 2 min. | - | - | Stap 6 | 15 min. | 2 | 2 min. | - | - | Stap 7 | 11 min. | 3 | 2 min. | - | - | Stap 8 | 12 min. | 3 | 2 min. | - | - | Stap 9 | 13 min. | 3 | 2 min. | - | - | Stap 10 | 14 min. | 3 | 2 min. | - | - | Stap 11 | 15 min. | 3 | 2 min. | - | - | Stap 12 | 12 min. | 4 | 2 min. | - | - | Stap 13 | 13 min. | 4 | 2 min. | - | - | Stap 14 | 14 min. | 4 | 2 min. | - | - | Stap 15 | 15 min. | 4 | 2 min. | - | - | Stap 16 | 13 min. | 5 | 2 min. | - | - | Stap 17 | 14 min. | 5 | 2 min. | - | - | Stap 18 | 15 min. | 5 | 2 min. | - | - | Stap 19 | 13 min. | 6 | 2 min. | - | - | Stap 20 | 14 min. | 6 | 2 min. | - | - | Stap 21 | 15 min. | 6 | 2 min. | - | - | <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Arbeid</th> <th>HH</th> <th>Rust HH</th> <th>Series</th> <th>Rust series</th> </tr> </thead> <tbody> <tr><td>Stap 1</td><td>4 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 2</td><td>4,5 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 3</td><td>5 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 4</td><td>5,5 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 5</td><td>6 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 6</td><td>6,5 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 7</td><td>7 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 8</td><td>7,5 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 9</td><td>8 min.</td><td>4</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 10</td><td>7 min.</td><td>5</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 11</td><td>7,5 min.</td><td>5</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 12</td><td>8 min.</td><td>5</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 13</td><td>7 min.</td><td>6</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 14</td><td>7,5 min.</td><td>6</td><td>2 min.</td><td>-</td><td>-</td></tr> <tr><td>Stap 15</td><td>8 min.</td><td>6</td><td>2 min.</td><td>-</td><td>-</td></tr> </tbody> </table> | | | | Arbeid | HH | Rust HH | Series | Rust series | Stap 1 | 4 min. | 4 | 2 min. | - | - | Stap 2 | 4,5 min. | 4 | 2 min. | - | - | Stap 3 | 5 min. | 4 | 2 min. | - | - | Stap 4 | 5,5 min. | 4 | 2 min. | - | - | Stap 5 | 6 min. | 4 | 2 min. | - | - | Stap 6 | 6,5 min. | 4 | 2 min. | - | - | Stap 7 | 7 min. | 4 | 2 min. | - | - | Stap 8 | 7,5 min. | 4 | 2 min. | - | - | Stap 9 | 8 min. | 4 | 2 min. | - | - | Stap 10 | 7 min. | 5 | 2 min. | - | - | Stap 11 | 7,5 min. | 5 | 2 min. | - | - | Stap 12 | 8 min. | 5 | 2 min. | - | - | Stap 13 | 7 min. | 6 | 2 min. | - | - | Stap 14 | 7,5 min. | 6 | 2 min. | - | - | Stap 15 | 8 min. | 6 | 2 min. | - | - | <table style="width: 100%; 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| | Arbeid | HH | Rust HH | Series | Rust series | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 1 | 10 min. | 2 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 2 | 11 min. | 2 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 3 | 12 min. | 2 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 4 | 13 min. | 2 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 5 | 14 min. | 2 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 6 | 15 min. | 2 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 7 | 11 min. | 3 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 8 | 12 min. | 3 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 9 | 13 min. | 3 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 10 | 14 min. | 3 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 11 | 15 min. | 3 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 12 | 12 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 13 | 13 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 14 | 14 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 15 | 15 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 16 | 13 min. | 5 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 17 | 14 min. | 5 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 18 | 15 min. | 5 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 19 | 13 min. | 6 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 20 | 14 min. | 6 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 21 | 15 min. | 6 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Arbeid | HH | Rust HH | Series | Rust series | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 1 | 4 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 2 | 4,5 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 3 | 5 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 4 | 5,5 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 5 | 6 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 6 | 6,5 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 7 | 7 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 8 | 7,5 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 9 | 8 min. | 4 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 10 | 7 min. | 5 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 11 | 7,5 min. | 5 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 12 | 8 min. | 5 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 13 | 7 min. | 6 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 14 | 7,5 min. | 6 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 15 | 8 min. | 6 | 2 min. | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Arbeid | HH | Rust HH | Series | Rust series | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 1 | 1 min. | 6 | 3 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 2 | 1 min. | 6 | 2,5 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 3 | 1 min. | 6 | 2 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 4 | 1 min. | 6 | 1,5 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 5 | 1 min. | 6 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 6 | 1,5 min. | 6 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 7 | 2 min. | 6 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 8 | 2,5 min. | 6 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 9 | 3 min. | 6 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 10 | 3 min. | 7 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 11 | 3 min. | 8 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 12 | 3 min. | 9 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stap 13 | 3 min. | 10 | 1 min. | 2 | 4 min. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |