

Groep 2

2-12-2020	Interval Rust	6 x 600m Rust: 200m
9-12-2020	Interval Rust	4 x 600m gevolgd door 4 x 400m Rust: 200m
16-12-2020	Interval Rust	600m - 800m - 1000m - 800m - 600m Rust: na de 600 en 800m is de rust 200m, na de 1.000m is de rust 400m
23-12-2020	Interval Rust	2 x (800m - 600m - 400m - 200m) (Rust: 200m, na de volledige serie is de rust 400m)
30-12-2020	Interval Rust	3 x (600m - 400m - 200m) Rust: 200m

Groep 4

2-12-2020	Interval Rust	8 x 600m Rust: 200m
9-12-2020	Interval Rust	5 x 600m + 5 x 400m Rust: 200m
16-12-2020	Interval Rust	800m - 1000m - 1200m - 1000m - 800m Na de 800m is 200m, na de 1.000m en 1.200m is de rust 400m
23-12-2020	Interval Rust	5 x (400m - 600m) Rust: 200m
30-12-2020	Interval Rust	4 x (600m - 400m - 200m) Rust: 200m