

W1 2-8 juli	training 1	training 2	training 3
WU	AMRAP 30 sec: Oef: 1, 3, 6	2 x 10 Oef: 3,5,8 2 x 0,5 min plank	AMRAP 30 Sec Oef: 7, 9,10
LV	2 x 15min <6:00 min p.k.	4 x 500 meter < 2:00 min	2 x 15min < 6:00 p.k.
CD	rek routine 1	rek routine 2	rek routine 1

W3 16-22 juli	training 1	training 2	training 3
WU	AMRAP 45 sec Oef: 1,3,6	4 x 10 Oef: 3,5,8 2 x 25 sec plank	AMRAP 45 Sec Oef: 7, 9,10
LV	2 x 15min < 5:45 min p.k.	6 x 500 meter < 1:50 min	2 x 20 min < 5:45 min p.k.
CD	Rek routine 1	uitlopen	Rek routine 2

W5 30- 5 aug	training 1	2-aug	4-aug
WU	AMRAP 1 min: Oef: 2,4,6	1ste training A Gene Bek	Test en Meet dag Fysiotherapie
LV	2 x 25 min < 5:00 min p.k.	Bekkerveld	Heerlen
CD	Rek routine 1		

W2 9-13 juli	training 1	training 2	training 3
WU	AMRAP 45 sec Oef: 1,3,6	3 x 10 Oef: 3,5,8 2 x 1 min plank	AMRAP 45 Sec Oef: 7, 9,10
LV	2 x 15min < 5:45 min p.k.	6 x 500 meter < 2:00 min	2 x 15min < 5:45 min p.k.
CD	rek routine 1	rek routine 2	rek routine 1

W4 23-29 juli	training 1	training 2	training 3
WU	AMRAP 1 min Oef: 2,4,6	3 x 10 Oef: 4,5,8 2 x 1,5 min plank	AMRAP 1 min Oef: 7,9,10
LV	2 x 20 min < 5:30 min p.k.	8 x 500 meter < 1:50 min	2 x 25 min < 5:00 min p.k.
CD	Rek routine 1	uitlopen	Rek routine 2

Oefening 1	Squat	Oefening 6	Schaatssprongen
Oefening 2	Jumping squats	Oefening 7	Mountain climbers
Oefening 3	Walking Lunges	Oefening 8	Nordic hamm curl
Oefening 4	Alt. Jumping Lunges	Oefening 9	Plank
Oefening 5	Inch worm	Oefening 10	Burpees



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Pre-season trainingsschema Fysiotherapie Heerlen Seizoen 18-19 RKSv Beekerveld
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Legenda:	Betekenis:
min	minuut
hh	herhaling
sec	seconde
p.k.	per kilometer
WU	warming up
LV	loopvormen
CD	cooling down
oef	oefening
AMRAP	zo veel mogelijk herhalingen binnen de tijd

Stretch routine 1:

[youtube.com/watch?v=V9FXAjwEi7U](https://www.youtube.com/watch?v=V9FXAjwEi7U)

Stretch routine 2:

[youtube.com/watch?v=NG9qbnAN3gQ](https://www.youtube.com/watch?v=NG9qbnAN3gQ)