

Træningsprogram uge 15 - 8/4 - 14/4

Uge 15		U23 (148-168km + ergo)	U19 (132-152km + ergo)	U17 (105km + ergo)
Mandag				
8. Apr				
Tirsdag				
9. Apr				
Onsdag				
10. Apr				
Torsdag		Afrejse 06:00 fra Holstebro Banegård		
11. Apr				
Fredag	D	10km st.st. 15km	10km st.st. 15km	10km st.st. 12km
12. Apr				
	D	4 x 12'/4' T22 18km	3 x 12'/4' T22 18km	3 x 8'/4' T22 15km
Lørdag	D	3 x (10'+7'+3')/5' T20/22/24 20-22km	2 x (10'+7'+3')/5' T20/22/24 18-20km	2 x (10'+7'+3')/5' T20/22/24 15-20km
13. Apr				
	D-A	2x20' st.st. + 2x250m bane 15km	2x20' st.st. + 2x250m bane 15km	2x20' st.st. + 2x250m bane 15km
Søndag	B	4 x (4'+1'+1')/4' T28-30-32 20km	3 x (4'+1'+1')/4' T28/30/32 15-20km	3 x (4'+1'+1')/4' T28/30/32 15km
14. Apr				
	E	Teknik 12-15km	Teknik 10-15km	Teknik 10-15km

Træningsprogram uge 16 - 15/4 - 21/4

Uge 16		U23	U19	U17
Mandag	D	6 x (4'+1+4'+1')/3' T20-22 15-20km	5 x (4'+1+4'+1')/3' T20-22 15-20km	4 x (4'+1+4'+1')/3' T20-22 15-20km
15. Apr				
	B	4 x 8'/5' T30 15-20km	4 x (4'+3'+2'+1')/5' T28-30-32-34 15-20km	Teknik 10-15km
Tirsdag		3 x (10'+7'+3')/5' T20/22/24 20-22km	2 x (10'+7'+3')/5' T20/22/24 15-20km	2 x (10'+7'+3')/5' T20/22/24 15-20km
16. Apr				
	D-A	60' st.st. + 4x250m bane 20-25km	St.st 2x20'. + 4x250m bane 15-20km	Teknik + 4 x 250m bane 10-15km
Onsdag	B	4 x 6' T32 15-20km	4 x 6' T32 15-20km	(2-3) x 6' T32 15km
17. Apr				
		Fri	Fri	Fri
Torsdag	D	4 x (7'+5'+3')/5' T20/22/24 20-22km	3 x (7'+5'+3')/5' T20/22/24 18-20km	3 x (7'+5'+3')/5' T20/22/24 15-18km
18. Apr				
	E-A	Teknik + 4 x 250m bane 10-15km	Teknik 10-15km	Teknik 10-15km
Fredag	D	10x3'/2' Max ben T22 15-18km	10x2'/2' Max ben T22 12-15km	8x2'/2' Max ben T22 12-15km
19. Apr				
	E-A	Teknik 4 x 250m bane 10-15km	Teknik 4 x 250m bane 10-15km	Teknik + 4 x 250m bane 10-15km
Lørdag	B	4 x 6' T32 15-20km	4 x 6' T32 15-20km	(2-3) x 6' T32 15km
20. Apr				
	D	2 x (10'+7'+3')/5' T20/22/24 20-22km	2 x (10'+7'+3')/5' T20/22/24 15-20km	2 x (10'+7'+3')/5' T20/22/24 12-15km
	A	2 x 250m bane		
Søndag	C	4 x 10' / 4' T26 15-18km	3 x 10' / 4' T26 12-15km	3 x 10' / 4' T26 12-15km
21. Apr				
		Hjemrejse efter frokost		