

# 30 september tot 6 oktober 2013

Week 40

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| september 2013 |    |    |    |    |    |    | oktober 2013 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| M              | D  | W  | D  | V  | Z  | Z  | M            | D  | W  | D  | V  | Z  | Z  |
|                |    |    |    |    |    | 1  |              | 1  | 2  | 3  | 4  | 5  | 6  |
| 2              | 3  | 4  | 5  | 6  | 7  | 8  | 7            | 8  | 9  | 10 | 11 | 12 | 13 |
| 9              | 10 | 11 | 12 | 13 | 14 | 15 | 14           | 15 | 16 | 17 | 18 | 19 | 20 |
| 16             | 17 | 18 | 19 | 20 | 21 | 22 | 21           | 22 | 23 | 24 | 25 | 26 | 27 |
| 23             | 24 | 25 | 26 | 27 | 28 | 29 | 28           | 29 | 30 | 31 |    |    |    |
| 30             |    |    |    |    |    |    |              |    |    |    |    |    |    |

|       | maandag 30 | dinsdag 1 | woensdag 2 | donderdag 3 | vrijdag 4 | zaterdag 5           | zondag 6 |
|-------|------------|-----------|------------|-------------|-----------|----------------------|----------|
| 08    |            |           |            |             |           |                      |          |
| 09    |            |           |            |             |           |                      |          |
| 10    |            |           |            |             |           | MAS-training<br>RUSS |          |
| 11    |            |           |            |             |           |                      |          |
| 12:00 |            |           |            |             |           |                      |          |
| 13    |            |           |            |             |           |                      |          |
| 14    |            |           |            |             |           |                      |          |
| 15    |            |           |            |             |           |                      |          |
| 16    |            |           |            |             |           |                      |          |
| 17    |            |           |            |             |           |                      |          |
| 18    |            |           |            |             |           |                      |          |

# 7 oktober tot 13 oktober 2013

Week 41

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| oktober 2013 |    |    |    |    |    |    | november 2013 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M            | D  | W  | D  | V  | Z  | Z  | M             | D  | W  | D  | V  | Z  | Z  |
|              | 1  | 2  | 3  | 4  | 5  | 6  |               |    |    |    | 1  | 2  | 3  |
| 7            | 8  | 9  | 10 | 11 | 12 | 13 | 4             | 5  | 6  | 7  | 8  | 9  | 10 |
| 14           | 15 | 16 | 17 | 18 | 19 | 20 | 11            | 12 | 13 | 14 | 15 | 16 | 17 |
| 21           | 22 | 23 | 24 | 25 | 26 | 27 | 18            | 19 | 20 | 21 | 22 | 23 | 24 |
| 28           | 29 | 30 | 31 |    |    |    | 25            | 26 | 27 | 28 | 29 | 30 |    |

|       | maandag 7 | dinsdag 8 | woensdag 9      | donderdag 10 | vrijdag 11 | zaterdag 12                       | zondag 13 |
|-------|-----------|-----------|-----------------|--------------|------------|-----------------------------------|-----------|
| 08    |           |           |                 |              |            |                                   |           |
| 09    |           |           |                 |              |            |                                   |           |
| 10    |           |           |                 |              |            | MAS-training (Suzan)              |           |
| 11    |           |           |                 |              |            |                                   |           |
| 12:00 |           |           |                 |              |            |                                   |           |
| 13    |           |           |                 |              |            |                                   |           |
| 14    |           |           |                 |              |            |                                   |           |
| 15    |           |           |                 |              |            | Mini Trail de la Julienne (12 km) |           |
| 16    |           |           |                 |              |            |                                   |           |
| 17    |           |           |                 |              |            |                                   |           |
| 18    |           |           |                 |              |            |                                   |           |
| 19    |           |           |                 |              |            |                                   |           |
| 20    |           |           | Duurloop 10,5km |              |            |                                   |           |
| 21    |           |           |                 |              |            |                                   |           |

# 14 oktober tot 20 oktober 2013

Week 42

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| oktober 2013 |    |    |    |    |    |    | november 2013 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M            | D  | W  | D  | V  | Z  | Z  | M             | D  | W  | D  | V  | Z  | Z  |
|              | 1  | 2  | 3  | 4  | 5  | 6  |               |    |    |    | 1  | 2  | 3  |
| 7            | 8  | 9  | 10 | 11 | 12 | 13 | 4             | 5  | 6  | 7  | 8  | 9  | 10 |
| 14           | 15 | 16 | 17 | 18 | 19 | 20 | 11            | 12 | 13 | 14 | 15 | 16 | 17 |
| 21           | 22 | 23 | 24 | 25 | 26 | 27 | 18            | 19 | 20 | 21 | 22 | 23 | 24 |
| 28           | 29 | 30 | 31 |    |    |    | 25            | 26 | 27 | 28 | 29 | 30 |    |

|       | maandag 14 | dinsdag 15 | woensdag 16 | donderdag 17 | vrijdag 18 | zaterdag 19            | zondag 20 |
|-------|------------|------------|-------------|--------------|------------|------------------------|-----------|
| 08    |            |            |             |              |            |                        |           |
| 09    |            |            |             |              |            |                        |           |
| 10    |            |            |             |              |            | MAS-training (Annemie) |           |
| 11    |            |            |             |              |            |                        |           |
| 12:00 |            |            |             |              |            |                        |           |
| 13    |            |            |             |              |            |                        |           |
| 14    |            |            |             |              |            |                        |           |
| 15    |            |            |             |              |            |                        |           |
| 16    |            |            |             |              |            |                        |           |
| 17    |            |            |             |              |            |                        |           |
| 18    |            |            |             |              |            |                        |           |

# 21 oktober tot 27 oktober 2013

Week 43

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| oktober 2013 |    |    |    |    |    |    | november 2013 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M            | D  | W  | D  | V  | Z  | Z  | M             | D  | W  | D  | V  | Z  | Z  |
|              | 1  | 2  | 3  | 4  | 5  | 6  |               |    |    |    | 1  | 2  | 3  |
| 7            | 8  | 9  | 10 | 11 | 12 | 13 | 4             | 5  | 6  | 7  | 8  | 9  | 10 |
| 14           | 15 | 16 | 17 | 18 | 19 | 20 | 11            | 12 | 13 | 14 | 15 | 16 | 17 |
| 21           | 22 | 23 | 24 | 25 | 26 | 27 | 18            | 19 | 20 | 21 | 22 | 23 | 24 |
| 28           | 29 | 30 | 31 |    |    |    | 25            | 26 | 27 | 28 | 29 | 30 |    |

|       | maandag 21 | dinsdag 22 | woensdag 23 | donderdag 24 | vrijdag 25 | zaterdag 26                                     | zondag 27 |
|-------|------------|------------|-------------|--------------|------------|-------------------------------------------------|-----------|
| 08    |            |            |             |              |            |                                                 |           |
| 09    |            |            |             |              |            | Bear Trail (14 – 37 – 57 km)<br>'s Gravenvoeren |           |
| 10    |            |            |             |              |            | MAS-training (Boudewijn)                        |           |
| 11    |            |            |             |              |            |                                                 |           |
| 12:00 |            |            |             |              |            |                                                 |           |
| 13    |            |            |             |              |            |                                                 |           |
| 14    |            |            |             |              |            |                                                 |           |
| 15    |            |            |             |              |            |                                                 |           |
| 16    |            |            |             |              |            |                                                 |           |
| 17    |            |            |             |              |            |                                                 |           |
| 18    |            |            |             |              |            |                                                 |           |

# 28 oktober tot 3 november 2013

Week 44

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| oktober 2013 |    |    |    |    |    |    | november 2013 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M            | D  | W  | D  | V  | Z  | Z  | M             | D  | W  | D  | V  | Z  | Z  |
|              | 1  | 2  | 3  | 4  | 5  | 6  |               |    |    |    | 1  | 2  | 3  |
| 7            | 8  | 9  | 10 | 11 | 12 | 13 | 4             | 5  | 6  | 7  | 8  | 9  | 10 |
| 14           | 15 | 16 | 17 | 18 | 19 | 20 | 11            | 12 | 13 | 14 | 15 | 16 | 17 |
| 21           | 22 | 23 | 24 | 25 | 26 | 27 | 18            | 19 | 20 | 21 | 22 | 23 | 24 |
| 28           | 29 | 30 | 31 |    |    |    | 25            | 26 | 27 | 28 | 29 | 30 |    |

|       | maandag 28 | dinsdag 29 | woensdag 30 | donderdag 31 | vrijdag 1 | zaterdag 2               | zondag 3 |
|-------|------------|------------|-------------|--------------|-----------|--------------------------|----------|
| 08    |            |            |             |              |           |                          |          |
| 09    |            |            |             |              |           |                          |          |
| 10    |            |            |             |              |           | MAS-training (Veronique) |          |
| 11    |            |            |             |              |           |                          |          |
| 12:00 |            |            |             |              |           |                          |          |
| 13    |            |            |             |              |           |                          |          |
| 14    |            |            |             |              |           |                          |          |
| 15    |            |            |             |              |           |                          |          |
| 16    |            |            |             |              |           |                          |          |
| 17    |            |            |             |              |           |                          |          |
| 18    |            |            |             |              |           |                          |          |

# 4 november tot 10 november 2013

Week 45

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| november 2013 |    |    |    |    |    |     | december 2013 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|-----|---------------|----|----|----|----|----|----|
| M             | D  | W  | D  | V  | Z  | Z   | M             | D  | W  | D  | V  | Z  | Z  |
|               |    |    |    |    | 1  | 2 3 |               |    |    |    |    |    | 1  |
| 4             | 5  | 6  | 7  | 8  | 9  | 10  | 2             | 3  | 4  | 5  | 6  | 7  | 8  |
| 11            | 12 | 13 | 14 | 15 | 16 | 17  | 9             | 10 | 11 | 12 | 13 | 14 | 15 |
| 18            | 19 | 20 | 21 | 22 | 23 | 24  | 16            | 17 | 18 | 19 | 20 | 21 | 22 |
| 25            | 26 | 27 | 28 | 29 | 30 |     | 23            | 24 | 25 | 26 | 27 | 28 | 29 |
|               |    |    |    |    |    |     | 30            | 31 |    |    |    |    |    |

|       | maandag 4 | dinsdag 5 | woensdag 6 | donderdag 7 | vrijdag 8 | zaterdag 9     | zondag 10           |
|-------|-----------|-----------|------------|-------------|-----------|----------------|---------------------|
| 08    |           |           |            |             |           |                |                     |
| 09    |           |           |            |             |           |                |                     |
| 10    |           |           |            |             |           | Heuveltraining | MAS-training (Elke) |
| 11    |           |           |            |             |           |                |                     |
| 12:00 |           |           |            |             |           |                |                     |
| 13    |           |           |            |             |           |                |                     |
| 14    |           |           |            |             |           |                |                     |
| 15    |           |           |            |             |           |                |                     |
| 16    |           |           |            |             |           |                |                     |
| 17    |           |           |            |             |           |                |                     |
| 18    |           |           |            |             |           |                |                     |

# 11 november tot 17 november 2013

Week 46

-  gentloopt.be B+
-  gentloopt.be – alle groepen
-  gentloopt.be trailrunners (B+/C/C+)

| november 2013 |    |    |    |    |    |    | december 2013 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M             | D  | W  | D  | V  | Z  | Z  | M             | D  | W  | D  | V  | Z  | Z  |
|               |    |    |    | 1  | 2  | 3  |               |    |    |    |    | 1  |    |
| 4             | 5  | 6  | 7  | 8  | 9  | 10 | 2             | 3  | 4  | 5  | 6  | 7  | 8  |
| 11            | 12 | 13 | 14 | 15 | 16 | 17 | 9             | 10 | 11 | 12 | 13 | 14 | 15 |
| 18            | 19 | 20 | 21 | 22 | 23 | 24 | 16            | 17 | 18 | 19 | 20 | 21 | 22 |
| 25            | 26 | 27 | 28 | 29 | 30 |    | 23            | 24 | 25 | 26 | 27 | 28 | 29 |
|               |    |    |    |    |    |    | 30            | 31 |    |    |    |    |    |

|       | maandag 11 | dinsdag 12 | woensdag 13 | donderdag 14 | vrijdag 15 | zaterdag 16           | zondag 17 |
|-------|------------|------------|-------------|--------------|------------|-----------------------|-----------|
| 08    |            |            |             |              |            |                       |           |
| 09    |            |            |             |              |            |                       |           |
| 10    |            |            |             |              |            | MAS-training (Martin) |           |
| 11    |            |            |             |              |            |                       |           |
| 12:00 |            |            |             |              |            |                       |           |
| 13    |            |            |             |              |            |                       |           |
| 14    |            |            |             |              |            |                       |           |
| 15    |            |            |             |              |            |                       |           |
| 16    |            |            |             |              |            |                       |           |
| 17    |            |            |             |              |            |                       |           |
| 18    |            |            |             |              |            |                       |           |

# 18 november tot 24 november 2013

Week 47

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| november 2013 |    |    |    |    |    |    | december 2013 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M             | D  | W  | D  | V  | Z  | Z  | M             | D  | W  | D  | V  | Z  | Z  |
|               |    |    |    |    | 1  | 2  | 3             |    |    |    |    |    | 1  |
| 4             | 5  | 6  | 7  | 8  | 9  | 10 | 2             | 3  | 4  | 5  | 6  | 7  | 8  |
| 11            | 12 | 13 | 14 | 15 | 16 | 17 | 9             | 10 | 11 | 12 | 13 | 14 | 15 |
| 18            | 19 | 20 | 21 | 22 | 23 | 24 | 16            | 17 | 18 | 19 | 20 | 21 | 22 |
| 25            | 26 | 27 | 28 | 29 | 30 |    | 23            | 24 | 25 | 26 | 27 | 28 | 29 |
|               |    |    |    |    |    |    | 30            | 31 |    |    |    |    |    |

|       | maandag 18 | dinsdag 19 | woensdag 20 | donderdag 21 | vrijdag 22 | zaterdag 23             | zondag 24               |
|-------|------------|------------|-------------|--------------|------------|-------------------------|-------------------------|
| 08    |            |            |             |              |            |                         |                         |
| 09    |            |            |             |              |            |                         |                         |
| 10    |            |            |             |              |            | Chirunning-<br>techniek | MAS-training<br>(Ineke) |
| 11    |            |            |             |              |            |                         |                         |
| 12:00 |            |            |             |              |            |                         |                         |
| 13    |            |            |             |              |            |                         |                         |
| 14    |            |            |             |              |            |                         |                         |
| 15    |            |            |             |              |            |                         |                         |
| 16    |            |            |             |              |            |                         |                         |
| 17    |            |            |             |              |            |                         |                         |
| 18    |            |            |             |              |            |                         |                         |

# 25 november tot 1 december 2013

Week 48

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| november 2013 |    |    |    |    |    |    | december 2013 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M             | D  | W  | D  | V  | Z  | Z  | M             | D  | W  | D  | V  | Z  | Z  |
|               |    |    |    |    | 1  | 2  | 3             |    |    |    |    |    | 1  |
| 4             | 5  | 6  | 7  | 8  | 9  | 10 | 2             | 3  | 4  | 5  | 6  | 7  | 8  |
| 11            | 12 | 13 | 14 | 15 | 16 | 17 | 9             | 10 | 11 | 12 | 13 | 14 | 15 |
| 18            | 19 | 20 | 21 | 22 | 23 | 24 | 16            | 17 | 18 | 19 | 20 | 21 | 22 |
| 25            | 26 | 27 | 28 | 29 | 30 |    | 23            | 24 | 25 | 26 | 27 | 28 | 29 |
|               |    |    |    |    |    |    | 30            | 31 |    |    |    |    |    |

|       | maandag 25 | dinsdag 26 | woensdag 27 | donderdag 28 | vrijdag 29 | zaterdag 30                                               | zondag 1 |
|-------|------------|------------|-------------|--------------|------------|-----------------------------------------------------------|----------|
| 08    |            |            |             |              |            |                                                           |          |
| 09    |            |            |             |              |            | Total Trail Experience Lommel (15 – 35 – 55 km)<br>Lommel |          |
| 10    |            |            |             |              |            | MAS-training (Alex)                                       |          |
| 11    |            |            |             |              |            |                                                           |          |
| 12:00 |            |            |             |              |            |                                                           |          |
| 13    |            |            |             |              |            |                                                           |          |
| 14    |            |            |             |              |            |                                                           |          |
| 15    |            |            |             |              |            |                                                           |          |
| 16    |            |            |             |              |            |                                                           |          |
| 17    |            |            |             |              |            |                                                           |          |
| 18    |            |            |             |              |            |                                                           |          |

# 2 december tot 8 december 2013

Week 49

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| december 2013 |    |    |    |    |    |    | januari 2014 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| M             | D  | W  | D  | V  | Z  | Z  | M            | D  | W  | D  | V  | Z  | Z  |
|               |    |    |    |    |    | 1  |              | 1  | 2  | 3  | 4  | 5  |    |
| 2             | 3  | 4  | 5  | 6  | 7  | 8  | 6            | 7  | 8  | 9  | 10 | 11 | 12 |
| 9             | 10 | 11 | 12 | 13 | 14 | 15 | 13           | 14 | 15 | 16 | 17 | 18 | 19 |
| 16            | 17 | 18 | 19 | 20 | 21 | 22 | 20           | 21 | 22 | 23 | 24 | 25 | 26 |
| 23            | 24 | 25 | 26 | 27 | 28 | 29 | 27           | 28 | 29 | 30 | 31 |    |    |
| 30            | 31 |    |    |    |    |    |              |    |    |    |    |    |    |

|       | maandag 2 | dinsdag 3 | woensdag 4 | donderdag 5 | vrijdag 6 | zaterdag 7                       | zondag 8 |
|-------|-----------|-----------|------------|-------------|-----------|----------------------------------|----------|
| 08    |           |           |            |             |           |                                  |          |
| 09    |           |           |            |             |           |                                  |          |
| 10    |           |           |            |             |           | MAS-training (Boudewijn of Alex) |          |
| 11    |           |           |            |             |           |                                  |          |
| 12:00 |           |           |            |             |           |                                  |          |
| 13    |           |           |            |             |           |                                  |          |
| 14    |           |           |            |             |           |                                  |          |
| 15    |           |           |            |             |           |                                  |          |
| 16    |           |           |            |             |           |                                  |          |
| 17    |           |           |            |             |           |                                  |          |
| 18    |           |           |            |             |           |                                  |          |

# 9 december tot 15 december 2013

Week 50

- gentloopt.be B+
- gentloopt.be – alle groepen
- gentloopt.be trailrunners (B+/C/C+)

| december 2013 |    |    |    |    |    |    | januari 2014 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| M             | D  | W  | D  | V  | Z  | Z  | M            | D  | W  | D  | V  | Z  | Z  |
|               |    |    |    |    |    | 1  |              | 1  | 2  | 3  | 4  | 5  |    |
| 2             | 3  | 4  | 5  | 6  | 7  | 8  | 6            | 7  | 8  | 9  | 10 | 11 | 12 |
| 9             | 10 | 11 | 12 | 13 | 14 | 15 | 13           | 14 | 15 | 16 | 17 | 18 | 19 |
| 16            | 17 | 18 | 19 | 20 | 21 | 22 | 20           | 21 | 22 | 23 | 24 | 25 | 26 |
| 23            | 24 | 25 | 26 | 27 | 28 | 29 | 27           | 28 | 29 | 30 | 31 |    |    |
| 30            | 31 |    |    |    |    |    |              |    |    |    |    |    |    |

|       | maandag 9 | dinsdag 10 | woensdag 11 | donderdag 12 | vrijdag 13 | zaterdag 14 | zondag 15 |
|-------|-----------|------------|-------------|--------------|------------|-------------|-----------|
| 08    |           |            |             |              |            |             |           |
| 09    |           |            |             |              |            |             |           |
| 10    |           |            |             |              |            |             |           |
| 11    |           |            |             |              |            |             |           |
| 12:00 |           |            |             |              |            |             |           |
| 13    |           |            |             |              |            |             |           |
| 14    |           |            |             |              |            |             |           |
| 15    |           |            |             |              |            |             |           |
| 16    |           |            |             |              |            |             |           |
| 17    |           |            |             |              |            |             |           |
| 18    |           |            |             |              |            |             |           |
| 19    |           |            |             |              |            |             |           |
| 20    |           |            |             |              |            |             |           |
| 21    |           |            | Clubavond   |              |            |             |           |
| 22    |           |            |             |              |            |             |           |
| 23    |           |            |             |              |            |             |           |