

## Dinsdag

Datum

| Week             | 31       | 32       | 33       | 34       | 35       | 36       | 37       | 38       | 39       | 40       | 41       | 42       | 43       | 44       | 45       | 46       | 47       | 48       | 49       | 50       | 51       | 52       | 1        | 2        | 3        | 4        | 5        | 6        | 7        | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       | 19       | 20       | 21       | 22       | 23       | 24       | 25       | 26       |   |   |   |   |   |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|---|---|---|---|---|
| Trainer          | 31-07-18 | 07-08-18 | 14-08-18 | 21-08-18 | 28-08-18 | 04-09-18 | 11-09-18 | 18-09-18 | 25-09-18 | 02-10-18 | 09-10-18 | 16-10-18 | 23-10-18 | 30-10-18 | 06-11-18 | 13-11-18 | 20-11-18 | 27-11-18 | 04-12-18 | 11-12-18 | 18-12-18 | 25-12-18 | 01-01-19 | 08-01-19 | 15-01-19 | 22-01-19 | 29-01-19 | 05-02-19 | 12-02-19 | 19-02-19 | 26-02-19 | 05-03-19 | 12-03-19 | 19-03-19 | 26-03-19 | 02-04-19 | 09-04-19 | 16-04-19 | 23-04-19 | 30-04-19 | 07-05-19 | 14-05-19 | 21-05-19 | 28-05-19 | 04-06-19 | 11-06-19 | 18-06-19 | 25-06-19 |   |   |   |   |   |
| soort training   | d        | d        | d        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | d        | d        | s        | s        | d        | d        |   |   |   |   |   |
| Eric             |          |          |          |          | x        | x        | x        | x        |          |          | x        | x        | x        | x        |          |          | x        | x        | x        | x        |          | K        | N        |          |          | x        | x        | x        | x        |          | x        | x        | x        | x        |          | x        | x        | x        | x        |          | x        | x        | x        | x        |          | x        | x        | x        | x |   |   |   |   |
| Wim              | r        |          |          |          | r        |          |          |          | x        | r        |          |          | x        | r        |          | x        | r        |          |          |          | r        |          | r        |          |          | x        | r        |          |          | r        |          |          |          | x        | r        |          |          | r        |          |          | x        |          | r        |          | r        |          |          | x        |   |   |   |   |   |
| Cor v E.         |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |
| Cor V.           |          | x        | x        | x        |          |          |          |          |          | r        |          |          | r        |          |          |          |          | r        |          |          |          |          |          |          |          |          |          | r        |          |          |          |          |          |          |          |          |          | r        |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |
| Remco            | x        |          |          |          |          |          |          |          |          |          | x        | r        |          |          |          |          | x        |          |          |          | r        |          |          |          |          | x        |          |          | r        |          |          |          |          |          |          | x        |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |
| Mike             |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |
| Peter            |          | r        | r        | r        |          |          |          |          |          |          |          |          |          |          |          |          | r        |          |          |          | r        |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |
| Training gevuld? | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J | J | J | J |   |
| Reserve gevuld?  | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J | J | J | J | J |

## Donderdag

Datum

| Week             | 31       | 32       | 33       | 34       | 35       | 36       | 37       | 38       | 39       | 40       | 41       | 42       | 43       | 44       | 45       | 46       | 47       | 48       | 49       | 50       | 51       | 52       | 1        | 2        | 3        | 4        | 5        | 6        | 7        | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       | 19       | 20       | 21       | 22       | 23       | 24       | 25       | 26       |   |   |   |   |   |   |  |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|---|---|---|---|---|---|--|
| Trainer          | 02-08-18 | 09-08-18 | 16-08-18 | 23-08-18 | 30-08-18 | 06-09-18 | 13-09-18 | 20-09-18 | 27-09-18 | 04-10-18 | 11-10-18 | 18-10-18 | 25-10-18 | 01-11-18 | 08-11-18 | 15-11-18 | 22-11-18 | 29-11-18 | 06-12-18 | 13-12-18 | 20-12-18 | 27-12-18 | 03-01-19 | 10-01-19 | 17-01-19 | 24-01-19 | 31-01-19 | 07-02-19 | 14-02-19 | 21-02-19 | 28-02-19 | 07-03-19 | 14-03-19 | 21-03-19 | 28-03-19 | 04-04-19 | 11-04-19 | 18-04-19 | 25-04-19 | 02-05-19 | 09-05-19 | 16-05-19 | 23-05-19 | 30-05-19 | 06-06-19 | 13-06-19 | 20-06-19 | 27-06-19 |   |   |   |   |   |   |  |
| soort training   | d        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s        | d        | d        | s        | s | d | d |   |   |   |  |
| Eric             | r        |          |          |          |          | x        | r        | x        | r        |          |          | x        |          | r        |          |          |          | x        | x        | r        | x        |          |          |          |          | x        |          |          | r        |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |   |  |
| Wim              |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |   |  |
| Cor v E.         |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |   |  |
| Cor V.           | x        |          | x        |          |          |          |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |          | x        |   | x |   | x |   |   |  |
| Remco            | x        |          | r        |          |          |          |          |          |          | x        | r        |          |          |          |          | x        |          | r        |          |          |          |          |          |          |          |          | r        |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |   |  |
| Mike             |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |   |  |
| Peter            | r        |          | x        | r        | x        |          |          |          |          |          | r        |          |          | x        |          |          |          | r        |          |          |          |          | r        | r        |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |   |   |   |   |   |   |  |
| Training gevuld? | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J | J | J | J | J | J |  |
| Reserve gevuld?  | J        | J        | J        | J        | N        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J        | J | J | J | J | J | J |  |

Training x  
Reserve r  
Wedstrijd w

niet i.v.m. werk/verhindert  
 vakantie  
 geen training