

Trainingsschema Fysieke Leerlijn Fase 1

Tr dag 1		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Oefening	Beschrijving Sets/Herhalingen	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh
	Squat	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
	Push up incline (handen op bank)	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
	Lunge	2 6	2 7	2 8	2 9	2 10	3 6	3 7	3 8	3 9	3 10
	Bracing	2 30 s	2 40 s	2 50 s	2 60 s	2 70 s	3 60 s	3 70 s	3 80 s	3 90 s	3 100 s
	Hinge	2 8	2 9	2 10	2 11	2 12	3 8 (+1)	3 9 (+2)	3 10 (+3)	3 11 (+4)	3 12 (+5)
?	Pull Vertikaal	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
	Throw 2 arms	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
	Bracing lateraal	2 30 s	2 40 s	2 50 s	2 60 s	2 70 s	3 60 s	3 70 s	3 80 s	3 90 s	3 100 s
Tr dag 2		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Oefening	Beschrijving Sets/Herhalingen	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh	sets herh
	Squat	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
	Push	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
?	Single leg squat	2 6	2 7	2 8	2 9	2 10	3 6	3 7	3 8	3 9	3 10
	Rotate	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
	Throw 1 arm	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
?	Pull horizontaal	2 8	2 9	2 10	2 11	2 12	3 8	3 9	3 10	3 11	3 12
	Hinge	2 8	2 9	2 10	2 11	2 12	3 8 (+1)	3 9 (+2)	3 10 (+3)	3 11 (+4)	3 12 (+5)
	Bracing	2 30 s	2 40 s	2 50 s	2 60 s	2 70 s	3 60 s	3 70 s	3 80 s	3 90 s	3 100 s