TRAININGSCHEMA – RONNY DANIËLS 2015

02/09	800/700/600/500/1000/500/600/700/800	6200
05/09	Kampioenschap KSAH Lier.	
09/09	1000/800/700/600/600/800/1000	6200
16/09	4x600 sp 5x500 sp 4x600	6800
19/09	Wedstrijd KSAH Deurne.	
23/09	4x500 sp 4x600 sp 4x500	6400
25/09	KONTICH LOOPT	
30/09	2x 800/600/400/600/800/	6400
07/10	2x 400/500/600/600/500/400	6000
10/10	K.B.C Loop Beveren KSAH	
14/10	2x 300/400/500/600/500/400/300	6000
21/10	2x 600/500/400/400/500/600	6000
28/10	800/600/500/600/800/600/500/600/800	5800
4/11	300/600/800/600/300/800/300/600/800/600/300.	(c