

### Coachingsschema 1500 meter: Schaatstest.nl

| 1500    | 300     | ronde 1 | ronde 2 | ronde 3 | 700     | 1100    |
|---------|---------|---------|---------|---------|---------|---------|
| 01:48,0 | 00:24,0 | 00:27,0 | 00:28,0 | 00:29,0 | 00:51,0 | 01:19,0 |
| 01:50,0 | 00:24,5 | 00:27,5 | 00:28,5 | 00:29,5 | 00:52,0 | 01:20,5 |
| 01:52,0 | 00:25,0 | 00:28,0 | 00:29,0 | 00:30,0 | 00:53,0 | 01:22,0 |
| 01:54,0 | 00:25,5 | 00:28,5 | 00:29,5 | 00:30,5 | 00:54,0 | 01:23,5 |
| 01:56,0 | 00:25,5 | 00:29,0 | 00:30,0 | 00:31,5 | 00:54,5 | 01:24,5 |
| 01:58,0 | 00:25,5 | 00:29,5 | 00:31,0 | 00:32,0 | 00:55,0 | 01:26,0 |
| 02:00,0 | 00:26,0 | 00:30,0 | 00:31,5 | 00:32,5 | 00:56,0 | 01:27,5 |
| 02:02,0 | 00:26,5 | 00:30,5 | 00:32,0 | 00:33,0 | 00:57,0 | 01:29,0 |
| 02:04,0 | 00:27,0 | 00:31,0 | 00:32,5 | 00:33,5 | 00:58,0 | 01:30,5 |
| 02:06,0 | 00:27,5 | 00:31,5 | 00:33,0 | 00:34,0 | 00:59,0 | 01:32,0 |
| 02:08,0 | 00:27,5 | 00:32,5 | 00:33,5 | 00:34,5 | 01:00,0 | 01:33,5 |
| 02:10,0 | 00:28,0 | 00:33,0 | 00:34,0 | 00:35,0 | 01:01,0 | 01:35,0 |
| 02:12,0 | 00:28,5 | 00:33,5 | 00:34,5 | 00:35,5 | 01:02,0 | 01:36,5 |
| 02:12,0 | 00:28,5 | 00:33,5 | 00:34,5 | 00:35,5 | 01:02,0 | 01:36,5 |
| 02:14,0 | 00:28,5 | 00:34,0 | 00:35,5 | 00:36,0 | 01:02,5 | 01:38,0 |
| 02:16,0 | 00:29,0 | 00:34,0 | 00:36,0 | 00:37,0 | 01:03,0 | 01:39,0 |
| 02:18,0 | 00:29,0 | 00:35,0 | 00:36,5 | 00:37,5 | 01:04,0 | 01:40,5 |
| 02:19,0 | 00:29,5 | 00:35,5 | 00:36,5 | 00:37,5 | 01:05,0 | 01:41,5 |
| 02:21,0 | 00:30,0 | 00:36,0 | 00:37,0 | 00:38,0 | 01:06,0 | 01:43,0 |
| 02:23,0 | 00:30,5 | 00:36,5 | 00:37,5 | 00:38,5 | 01:07,0 | 01:44,5 |
| 02:25,0 | 00:31,0 | 00:37,0 | 00:38,0 | 00:39,0 | 01:08,0 | 01:46,0 |
| 02:27,0 | 00:31,5 | 00:37,5 | 00:38,5 | 00:39,5 | 01:09,0 | 01:47,5 |
| 02:29,0 | 00:32,0 | 00:38,0 | 00:39,0 | 00:40,0 | 01:10,0 | 01:49,0 |
| 02:30,0 | 00:32,0 | 00:38,0 | 00:39,5 | 00:40,5 | 01:10,0 | 01:49,5 |
| 02:32,0 | 00:32,0 | 00:39,0 | 00:40,0 | 00:41,0 | 01:11,0 | 01:51,0 |
| 02:34,0 | 00:32,5 | 00:39,5 | 00:40,5 | 00:41,5 | 01:12,0 | 01:52,5 |
| 02:36,0 | 00:33,0 | 00:40,0 | 00:41,0 | 00:42,0 | 01:13,0 | 01:54,0 |
| 02:38,0 | 00:33,5 | 00:40,5 | 00:41,5 | 00:42,5 | 01:14,0 | 01:55,5 |
| 02:40,0 | 00:34,0 | 00:41,0 | 00:42,0 | 00:43,0 | 01:15,0 | 01:57,0 |
| 02:42,0 | 00:34,5 | 00:41,5 | 00:42,5 | 00:43,5 | 01:16,0 | 01:58,5 |
| 02:43,0 | 00:34,5 | 00:41,5 | 00:43,0 | 00:44,0 | 01:16,0 | 01:59,0 |
| 02:45,0 | 00:35,0 | 00:42,0 | 00:43,5 | 00:44,5 | 01:17,0 | 02:00,5 |
| 02:47,0 | 00:35,0 | 00:43,0 | 00:44,0 | 00:45,0 | 01:18,0 | 02:02,0 |
| 02:49,0 | 00:35,5 | 00:43,5 | 00:44,5 | 00:45,5 | 01:19,0 | 02:03,5 |
| 02:51,0 | 00:36,0 | 00:44,0 | 00:45,0 | 00:46,0 | 01:20,0 | 02:05,0 |





