

Coachingsschema 1000 meter en 1500 meter: Schaatstest.nl											
1000	200	ronde 1	ronde 2	600	1500	300	ronde 1	ronde 2	ronde 3	700	1100
01:12,0	00:17,0	00:27,0	00:28,0	00:44,0	01:48,0	00:24,0	00:27,0	00:28,0	00:29,0	00:51,0	01:19,0
01:13,0	00:17,0	00:27,5	00:28,5	00:44,5	01:50,0	00:24,5	00:27,5	00:28,5	00:29,5	00:52,0	01:20,5
01:14,0	00:17,5	00:27,5	00:29,0	00:45,0	01:52,0	00:25,0	00:28,0	00:29,0	00:30,0	00:53,0	01:22,0
01:15,0	00:17,5	00:28,0	00:29,5	00:45,5	01:54,0	00:25,5	00:28,5	00:29,5	00:30,5	00:54,0	01:23,5
01:16,0	00:17,5	00:28,5	00:30,0	00:46,0	01:56,0	00:25,5	00:29,0	00:30,0	00:31,5	00:54,5	01:24,5
01:17,0	00:18,0	00:29,0	00:30,0	00:47,0	01:58,0	00:25,5	00:29,5	00:31,0	00:32,0	00:55,0	01:26,0
01:18,0	00:18,0	00:29,5	00:30,5	00:47,5	02:00,0	00:26,0	00:30,0	00:31,5	00:32,5	00:56,0	01:27,5
01:19,0	00:18,5	00:29,5	00:31,0	00:48,0	02:02,0	00:26,5	00:30,5	00:32,0	00:33,0	00:57,0	01:29,0
01:20,0	00:18,5	00:30,0	00:31,5	00:48,5	02:04,0	00:27,0	00:31,0	00:32,5	00:33,5	00:58,0	01:30,5
01:21,0	00:18,5	00:30,5	00:32,0	00:49,0	02:06,0	00:27,5	00:31,5	00:33,0	00:34,0	00:59,0	01:32,0
01:22,0	00:19,0	00:30,5	00:32,5	00:49,5	02:08,0	00:27,5	00:32,5	00:33,5	00:34,5	01:00,0	01:33,5
01:23,0	00:19,0	00:31,0	00:33,0	00:50,0	02:10,0	00:28,0	00:33,0	00:34,0	00:35,0	01:01,0	01:35,0
01:24,0	00:19,5	00:31,5	00:33,0	00:51,0	02:12,0	00:28,5	00:33,5	00:34,5	00:35,5	01:02,0	01:36,5
01:25,0	00:19,5	00:32,0	00:33,5	00:51,5	02:12,0	00:28,5	00:33,5	00:34,5	00:35,5	01:02,0	01:36,5
01:26,0	00:19,5	00:32,5	00:34,0	00:52,0	02:14,0	00:28,5	00:34,0	00:35,5	00:36,0	01:02,5	01:38,0
01:27,0	00:20,0	00:33,0	00:34,0	00:53,0	02:16,0	00:29,0	00:34,0	00:36,0	00:37,0	01:03,0	01:39,0
01:28,0	00:20,0	00:33,5	00:34,5	00:53,5	02:18,0	00:29,0	00:35,0	00:36,5	00:37,5	01:04,0	01:40,5
01:29,0	00:20,5	00:33,5	00:35,0	00:54,0	02:19,0	00:29,5	00:35,5	00:36,5	00:37,5	01:05,0	01:41,5
01:30,0	00:20,5	00:34,0	00:35,5	00:54,5	02:21,0	00:30,0	00:36,0	00:37,0	00:38,0	01:06,0	01:43,0
01:31,0	00:20,5	00:34,5	00:36,0	00:55,0	02:23,0	00:30,5	00:36,5	00:37,5	00:38,5	01:07,0	01:44,5
01:32,0	00:21,0	00:34,5	00:36,5	00:55,5	02:25,0	00:31,0	00:37,0	00:38,0	00:39,0	01:08,0	01:46,0
01:33,0	00:21,0	00:35,0	00:37,0	00:56,0	02:27,0	00:31,5	00:37,5	00:38,5	00:39,5	01:09,0	01:47,5
01:34,0	00:21,5	00:35,5	00:37,0	00:57,0	02:29,0	00:32,0	00:38,0	00:39,0	00:40,0	01:10,0	01:49,0
01:35,0	00:21,5	00:36,0	00:37,5	00:57,5	02:30,0	00:32,0	00:38,0	00:39,5	00:40,5	01:10,0	01:49,5
01:36,0	00:21,5	00:36,5	00:38,0	00:58,0	02:32,0	00:32,0	00:39,0	00:40,0	00:41,0	01:11,0	01:51,0
01:37,0	00:22,0	00:36,5	00:38,5	00:58,5	02:34,0	00:32,5	00:39,5	00:40,5	00:41,5	01:12,0	01:52,5
01:38,0	00:22,0	00:37,0	00:39,0	00:59,0	02:36,0	00:33,0	00:40,0	00:41,0	00:42,0	01:13,0	01:54,0
01:39,0	00:22,5	00:37,5	00:39,0	01:00,0	02:38,0	00:33,5	00:40,5	00:41,5	00:42,5	01:14,0	01:55,5
01:40,0	00:22,5	00:38,0	00:39,5	01:00,5	02:40,0	00:34,0	00:41,0	00:42,0	00:43,0	01:15,0	01:57,0
01:41,0	00:22,5	00:38,5	00:40,0	01:01,0	02:42,0	00:34,5	00:41,5	00:42,5	00:43,5	01:16,0	01:58,5
01:42,0	00:23,0	00:38,5	00:40,5	01:01,5	02:43,0	00:34,5	00:41,5	00:43,0	00:44,0	01:16,0	01:59,0
01:43,0	00:23,0	00:39,0	00:41,0	01:02,0	02:45,0	00:35,0	00:42,0	00:43,5	00:44,5	01:17,0	02:00,5
01:44,0	00:23,5	00:39,5	00:41,0	01:03,0	02:47,0	00:35,0	00:43,0	00:44,0	00:45,0	01:18,0	02:02,0
01:45,0	00:23,5	00:40,0	00:41,5	01:03,5	02:49,0	00:35,5	00:43,5	00:44,5	00:45,5	01:19,0	02:03,5
01:46,0	00:23,5	00:40,5	00:42,0	01:04,0	02:51,0	00:36,0	00:44,0	00:45,0	00:46,0	01:20,0	02:05,0