

| Dag       |                   | Training                 | Locatie                | Start        | Einde        |
|-----------|-------------------|--------------------------|------------------------|--------------|--------------|
| Wo        | 3/07/2024         | Lopen                    | AP Zwevegem            | 20u00        | 21u00        |
| Do        | 4/07/2024         | Fiets training           | No Limit House         | 19u30        | 21u00        |
| Do        | 4/07/2024         | Zwemmen                  | ZB Avelgem             | 20u30        | 21u30        |
| Vr        | 5/07/2024         | Lopen                    | AP Zwevegem            | 20u00        | 21u00        |
| Za        | 6/07/2024         | Zwemmen                  | ZB Avelgem             | 08u30        | 09u30        |
| <b>Za</b> | <b>6/07/2024</b>  | <b>Geen openwater</b>    | <b>BK Kinrooi</b>      |              |              |
| Zo        | 7/07/2024         | Fietsen                  | No Limit House         | 08u45        | 11u15        |
| Wo        | 10/07/2024        | Lopen                    | AP Zwevegem            | 20u00        | 21u00        |
| Do        | 11/07/2024        | Fiets training           | No Limit House         | 19u30        | 21u00        |
| Do        | 11/07/2024        | Zwemmen                  | ZB Avelgem             | 20u30        | 21u30        |
| Vr        | 12/07/2024        | Lopen                    | AP Zwevegem            | 20u00        | 21u00        |
| Za        | 13/07/2024        | Zwemmen                  | ZB Avelgem             | 08u30        | 09u30        |
| <b>Za</b> | <b>13/07/2024</b> | <b>Openwater zwemmen</b> | <b>La Flandre Brug</b> | <b>18u30</b> | <b>19u30</b> |
| Zo        | 14/07/2024        | Fietsen                  | No Limit House         | 08u45        | 11u15        |
| Wo        | 17/07/2024        | Lopen                    | AP Zwevegem            | 20u00        | 21u00        |
| Do        | 18/07/2024        | Fiets training           | No Limit House         | 19u30        | 21u00        |
| Do        | 18/07/2024        | Zwemmen                  | ZB Avelgem             | 20u30        | 21u30        |
| Vr        | 19/07/2024        | Lopen                    | AP Zwevegem            | 20u00        | 21u00        |
| Za        | 20/07/2024        | Zwemmen                  | ZB Avelgem             | 08u30        | 09u30        |
| <b>Za</b> | <b>20/07/2024</b> | <b>Openwater zwemmen</b> | <b>La Flandre Brug</b> | <b>18u30</b> | <b>19u30</b> |
| <b>Zo</b> | <b>21/07/2024</b> | <b>Geen training</b>     | <b>Verlof</b>          |              |              |
| <b>Wo</b> | <b>24/07/2024</b> | <b>Geen training</b>     | <b>Verlof</b>          |              |              |
| <b>Do</b> | <b>25/07/2024</b> | <b>Geen training</b>     | <b>Verlof</b>          |              |              |
| <b>Vr</b> | <b>26/07/2024</b> | <b>Geen training</b>     | <b>Verlof</b>          |              |              |
| <b>Za</b> | <b>27/07/2024</b> | <b>Geen training</b>     | <b>Verlof</b>          |              |              |
| <b>Zo</b> | <b>28/07/2024</b> | <b>Geen training</b>     | <b>Verlof</b>          |              |              |
| <b>Wo</b> | <b>31/07/2024</b> | <b>Geen training</b>     | <b>Verlof</b>          |              |              |