

Sportrusten

Naam:
Startdatum:

2 x per dag een ademhalingsoefening / 3x per week sporten

1
week

rusten	1	2	3	4	5	6	7
sporten	1		2		3		

2
week

rusten	8	9	10	11	12	13	14
sporten	1		2		3		

3
week

rusten	15	16	17	18	19	20	21
sporten	1		2		3		

4
week

rusten	22	23	24	25	26	27	28
sporten	1		2		3		

5
week

rusten	29	30	31	32	33	34	35
sporten	1		2		3		

6
week

rusten	36	37	38	39	40	41	42
sporten	1		2		3		

7
week

rusten	43	44	45	46	47	48	49
sporten	1		2		3		

8
week

rusten	50	51	52	53	54	55	56
sporten	1		2		3		

9
week

rusten	57	58	59	60	61	62	63
sporten	1		2		3		

10
week

rusten	64	65	66	67	68	69	70
sporten	1		2		3		

11
week

rusten	71	72	73	74	75	76	77
sporten	1		2		3		

12
week

rusten	78	79	80	81	82	83	84
sporten	1		2		3		

13
week

rusten	85	86	87	88	89	90	91
sporten	1		2		3		

14
week

rusten	92	93	94	95	96	97	98
sporten	1		2		3		

15
week

rusten	99	100	101	102	103	104	105
sporten	1		2		3		