LØBEPLAN FEBUAR 2014

Hold	Søndag 02-feb	Tirsdag 04-feb	Søndag 09-feb	Tirsdag 11-feb	Søndag 16-feb	Tirsdag 18-feb	Søndag 23-feb	Tirsdag 25-feb	søndag	Tirsdag
5.00 min.	**7 km** Rute 8	**7 km** By turen	**7 km** Rute 13	**7 Km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute 5	**7 Km** By turen		
5.30 min.	**7 km** Rute 8	**7 km** By turen	**7 km** Rute 13	**7 km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute 5	**7 Km** By turen		
6.00 min.	**7 km** Rute 8	**7 km** By turen	**7 km** Rute 13	**7 Km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute5	**7 Km** By turen		
6.30 min.	**7 km** Rute 8	**7 km** By turen	**7 km** Rute13	**7 km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute 5	**7 Km** By turen		
7.00 min.	**7 km** Rute 8	**7 km** By turen	**7 km** Rute 13	**7 km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10km** Rute 5	**7 Km** By turen		
Walk & Run										