|  |  |  |  |
| --- | --- | --- | --- |
| Dag | Tijd plank | Dag | Tijd Plank |
| 1 | 20 seconden | 16 | 120 seconden |
| 2 | 20 seconden | 17 | 120 seconden |
| 3 | 30 seconden | 18 | 150 seconden |
| 4 | 30 seconden | 19 | Rustdag |
| 5 | Rustdag | 20 | 150 seconden |
| 6 | 45 seconden | 21 | 150 seconden |
| 7 | 45 seconden | 22 | 180 seconden |
| 8 | 60 seconden | 23 | 180 seconden |
| 9 | 60 seconden | 24 | 210 seconden |
| 10 | 60 seconden | 25 | 210 seconden |
| 11 | 90 seconden | 26 | Rustdag |
| 12 | Rustdag | 27 | 240 seconden |
| 13 | 90 seconden | 28 | 240 seconden |
| 14 | 90 seconden | 29 | 270 seconden |
| 15 | 120 seconden | 30 | 300 seconden |