| | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | Memorial | | | 4x100m 14u20 | 4x200m 17u45 | | | | | | START TRAINING 19u00 | | EK ORIENTATIELOPEN PISTE BEZET | | | |
| | | | | FONS | | Slechtziende training | | | PK ESTAFETTEN BORNEM | | | | | | | WARMING-UP SPORTPARK | | BK CAD/SCH ACHL | | BK CAD/SCH ACHL | |
| | WEEK 34 | | | | | | | | | | | WEEK 35 | | | | | | | | | |
| | ma - 18/08 | | di - 19/08 | wo - 20/08 | | vr - 22/08 | | za - 23/08 | | zo - 24/08 | | ma - 25/08 | | di - 26/08 | wo - 27/08 | | vr - 29/08 | | za - 30/08 | | zo - 31/08 | |
| **1ste jaar CADET DAMES** | 19u30 | | 19u00 | 19u30 | | 19u30 | | 11u00 | | | | 19u30 | | 19u00 | 19u30 | | 19u00 | | | | | |
| Aliki Hopchet | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | |
| Feline De Swert | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | | | | | St+Co | VeS | Lte | KoS | | | | |
| Good-Luck Kossi | KrA | LaC | | St+Co | AFLOSSING | | | | | 4x100m | 4x200m | R | | | St+Co | VeS | Lte | KoS | | | | |
| Jolien Monsieurs | KrA | LaC | | St+Co | AFLOSSING | | | | | 4x100m | 4x200m | R | | | Lte | VeS | R | | 300H Reeksen | | 300H Finale | |
| Juno Pieters | | | | | | | | | | | | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | |
| Lauren Wuyts | KrA | LaC | | | CaH | | KoS | | | | | | | | | | Lte | KoS | | | | |
| Saar Vanchaze | | | | | | AFLOSSING | | | | 4x100m | 4x200m | R | | DiW | St+Co | VeS | Lte | KoS | | | | |
| **2de jaar CADET DAMES** | 19u30 | | 19u00 | 19u30 | | 19u30 | | 11u00 | | | | 19u30 | | 19u00 | 19u30 | | 19u30 | | | | | |
| Charlotte Sieps | KrA | LaC | DiW | St+Co | VeS | Lte | KoS | | | 4x100m | 4x200m | R | | DiW | St+Co | VeS | Lte | KoS | | | | |
| Eef Brants | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | |
| Iman Edders | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | |
| Mare Buys | KrA | LaC | | St+Co | AFLOSSING | | | | | 4x100m | 4x200m | R | | | Lte | KoS | Lte | KoS | ??? | | ??? | |
| Milla Verhoeven | | | | | | | | | | | | | | | St+Co | VeS | Lte | KoS | | | | |
| Venus Kazibwe | | | | | | | | | | | | | | | | | | | | | | |
| Eline Van Den Broeck | KrA | LaC | | | VeS | Lte | KoS | | | | | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| KoS | Korte Spurt | JePSS | Jesse PSS | St+Co | Stabiliteit-core | R | Rust | | |
| VeS | Verlengde Spurt | CaH | Carl Hoog | KrA | Kracht training | 1/2 F | Halve Fond | | |
| LaC | Lactisch-uithouding | AnK | Anik Kogel / Discus | Len | Lenigheid training | | Deelname wedstrijd | | |
| SpK | Sprongkracht | FoW | Fons speer / Discus | Lte | Looptechniek | lege cel | Kan dan niet trainen | | |
| JeV | Jean Ver | | | Habc | Horde ABC | Alt.Na.Tr | Alternatieve training | | |
| SpT | Sprong techniek | PaH | Paul Horden | VeH | Verlengde horden | DiW | Dirk DH Werpen | | |

| | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | WEEK 34 | | | | | | | | | | | WEEK 35 | | | | | | | | | | |
| | ma - 18/08 | | | wo - 20/08 | | vr - 22/08 | | za - 23/08 | | zo - 24/08 | | ma - 25/08 | | di - 26/08 | wo - 27/08 | | vr - 29/08 | | za - 30/08 | | zo - 31/08 | |
| **1ste jaar CADET HEREN** | 19u30 | | 19u00 | 19u30 | | 19u30 | | 11u00 | | | | 19u30 | | 19u00 | 19u30 | | 19u00 | | | | | |
| Alec Everdepoel | KrA | LaC | | CaH | | Lte | KoS | | | CaH | | KrA | LaC | | CaH | | Lte | KoS | | | HOOG ??? | |
| Kasper Janssens | KrA | LaC | | St+Co | AFLOSSING | | | | | 4x100m | 4x200m | R | | | St+Co | VeS | Lte | KoS | | | | |
| Lars Van Langendonck | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | |
| Lowie Claessens | KrA | LaC | | St+Co | VeS | Lte | KoS | | | 4x100m | 4x200m | R | | | St+Co | VeS | Lte | KoS | | | | |
| Lucas Grillet | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | | KrA | LaC | | St+Co | VeS | Lte | KoS | | | | |
| Tim Mylemans | | | | | | | | | | | | | | | | | | | | | | |
| Victor Symens | KrA | LaC | | CaH | | Lte | KoS | | | | | | | | | | | | | | | |
| **2de jaar CADET HEREN** | 19u30 | | 19u00 | 19u30 | | 19u30 | | 11u00 | | | | 19u30 | | 19u00 | 19u30 | | 19u30 | | | | | |
| Arne Van Elsacker | | | | | | | | | | | | | | | St+Co | VeS | Lte | KoS | | | | |
| Cor Kerkhofs | KrA | LaC | | St+Co | AFLOSSING | | | | | 4x100m | 4x200m | R | | | St+Co | VeS | Lte | KoS | | | | |
| Jaro Massaer | KrA | LaC | | St+Co | AFLOSSING | | | | | 4x100m | 4x200m | R | | | St+Co | VeS | Lte | KoS | | | | |
| Senne Vonk | KrA | LaC | | St+Co | AFLOSSING | | | | | 4x100m | 4x200m | R | | | Lte | KoS | R | | 100m | | 200m | |