

# Trainingsschema 1e helft veld 2026/2027 vanaf 24 augustus 2026

| TIJDEN    |               | 08:00 | .... | 14:30 | 14:45 | 15:00 | 15:15 | 15:30 | 15:45 | 16:00 | 16:15 | 16:30 | 16:45 | 17:00                 | 17:15             | 17:30 | 17:45 | 18:00 | 18:15             | 18:30    | 18:45      | 19:00            | 19:15             | 19:30      | 19:45           | 20:00     | 20:15  | 20:30 | 20:45 | 21:00 | 21:15 | 21:30 | 21:45 | 22:00 | 22:15 | 22:30 | 22:45 |  |  |  |  |  |  |  |
|-----------|---------------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------------------|-------------------|-------|-------|-------|-------------------|----------|------------|------------------|-------------------|------------|-----------------|-----------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|
| Maandag   | Links         |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            | RTC Rijnland U15 |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Beachveld     |       |      |       |       |       |       |       |       |       |       |       |       | VCS 17:00 - 21:00 uur |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Hoofdveld     |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            | Fiks/Top J1      |                   | Top 3      |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       |                       | BSO 14:30 - 19:00 |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       | Top 4 |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Rechts 1 en 2 |       |      |       |       |       |       |       |       |       |       |       |       |                       | J19, J20          |       |       |       |                   |          | J6, J7, J8 |                  |                   | J1, J2     | Top 6 / 7 / 8   |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  | J3, J4            |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Rechts 3  |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Dinsdag   | Links         |       |      |       |       |       |       |       |       |       |       |       |       | J21-J24               |                   |       |       |       | J10, J12          |          |            | U19-3            |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Beachveld     |       |      |       |       |       |       |       |       |       |       |       |       | VCS 17:00 - 21:00 uur |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Hoofdveld     |       |      |       |       |       |       |       |       |       |       |       |       | J16,J17,J18           |                   |       |       |       |                   |          |            | U15 1 en J5      |                   | U19 1 en 2 |                 | Top 1 / 2 |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       | BSO 14:30 - 18:00     |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Rechts 1 en 2 |       |      |       |       |       |       |       |       |       |       |       |       |                       | J25 - J31         |       |       |       |                   |          | J9, J11    |                  |                   | U17 1 en 2 |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   | J14      |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Rechts 3  |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   | J13, J15 |            |                  | BSO 18:00 - 19:00 |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Woensdag  | Links         |       |      |       |       |       |       |       |       |       |       |       |       | J16,J17,J18           |                   |       |       |       |                   |          |            |                  |                   |            |                 |           | Top 10 |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Beachveld     |       |      |       |       |       |       |       |       |       |       |       |       | VCS 17:00 - 21:00 uur |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Hoofdveld     |       |      |       |       |       |       |       |       |       |       |       |       | J19, J20              |                   |       |       |       |                   | J6       |            |                  | U19-3             |            | Top 6 / 7 / 8   |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       | J21, J22              |                   |       |       |       | J9, J11           |          |            | Fiks/Top J1      |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Rechts 1 en 2 |       |      |       |       |       |       |       |       |       |       |       |       |                       | J25 - J31         |       |       |       |                   | J10      |            |                  | J3, J4            |            | Top 9 / 11 / 12 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       | J12, J14          |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Rechts 3  |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Donderdag | Links         |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       | J7, J8            |          |            | J1, J2           | U19 1,2           | Top 5      |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Beachveld     |       |      |       |       |       |       |       |       |       |       |       |       | VCS 17:00 - 21:00 uur |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Hoofdveld     |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            | U15 1 en J5      |                   | U19 1 en 2 |                 | Top 1 / 2 |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       |                       | BSO 14:30 - 18:00 |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Rechts 1 en 2 |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   | J13, J15 |            |                  | U17 1 en 2        |            | Top 3           |           |        |       | Top 4 |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Rechts 3  |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       | BSO 18:00 - 19:00 |          |            |                  |                   |            | Masters         |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| Vrijdag   | Links         |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Beachveld     |       |      |       |       |       |       |       |       |       |       |       |       | VCS 17:00 - 21:00 uur |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Hoofdveld     |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Rechts 1 en 2 |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           | Rechts 3      |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|           |               |       |      |       |       |       |       |       |       |       |       |       |       |                       |                   |       |       |       |                   |          |            |                  |                   |            |                 |           |        |       |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |