| | Datum | | Lokatie | Sport A | Zwembad | Droogtraining | Lokatie | Sport B | Zwembad | Droogtraining | Lokatie | Sport C | Zwembad | Droogtraining | Lokatie | Sport D | Zwembad | Droogtraining | Lokatie | Sport E | Zwembad | Droogtraining |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | M = Molenheide | | | | | | | | | | | | | | | | | | |
| | | | | Db = Piste DonBosco Helchteren | | | | | | | | | | | | | | | | | | |
| | | | | FH = Finse Piste Hechtel | | | | | | | | | | | | | | | | | | |
| | | | | G = Zwembad Genk | | | | | | | | | | | | | | | | | | |
| | | | | O = Zwembad Overpelt | | | | | | | | | | | | | | | | | | |
| Week 6 | 5/02/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | | | | |
| | 6/02/2018 | | | | | | | | | | M | 18.30-20.00 | 1.5 | | M | 18.30-20.00 | 1.5 | | | | | |
| | 7/02/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | M | 18.30-19.30 | 1,0 | |
| | 8/02/2018 | | | | | | | | | | M | 19.00-20.30 | 1.5 | | M | 19.00-20.30 | 1.5 | | M | 18.00-19,00 | 1,0 | |
| | 9/02/2018 | | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-19.00 | 1,00 | | | | | |
| | 10/02/2018 | | geen training | | | | geen training | | | | | geen training | | | | geen training | | | | geen training | | |
| | 11/02/2018 | | | | | | | | | | | | | | | | | | | | | |
| Week 7 | 12/02/2018 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | | | | | | | | |
| | 13/02/2018 | | | | | | | | | | | | | | M | 09.00-10.00 | 1,00 | | M | 09.00-10.00 | 1.0 | |
| | 14/02/2018 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | | | | | | | | |
| | 15/02/2018 | | | | | | | | | | | | | | M | 09.00-10.00 | 1,00 | | M | 09.00-10.00 | 1.0 | |
| | 16/02/2018 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | | | | | | | | |
| | 17/02/2018 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | M | 08.00-10.00 | 2,0 | | M | 08.00-09.00 | 1,00 | | M | 08.00-09.00 | 1.0 | |
| | 18/02/2018 | | | | | | | | | | Wedstrijd Beringen | | | | Wedstrijd Beringen | | | | Wedstrijd Beringen | | | |
| Week 8 | 19/02/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | | | | |
| | 20/02/2018 | | | | | | | | | | M | 18.30-20.00 | 1.5 | | M | 18.30-20.00 | 1.5 | | | | | |
| | 21/02/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | M | 18.30-19.30 | 1,0 | |
| | 22/02/2018 | | | | | | | | | | M | 19.00-20.30 | 1.5 | | M | 19.00-20.30 | 1.5 | | M | 18.00-19,00 | 1,0 | |
| | 23/02/2018 | | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-19.00 | 1,00 | | | | | |
| | 24/02/2018 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-10.00 | 1,00 | 1,00 | M | 08.00-09.00 | 1,0 | |
| | 25/02/2018 | | | | | | | | | | | | | | | | | | | | | |
| Week 9 | 26/02/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | | | | |
| | 27/02/2018 | | | | | | | | | | M | 18.30-20.00 | 1.5 | | M | 18.30-20.00 | 1.5 | | | | | |
| | 28/02/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | M | 18.30-19.30 | 1,0 | |
| | 1/03/2018 | | | | | | | | | | M | 19.00-20.30 | 1.5 | | M | 19.00-20.30 | 1.5 | | M | 18.00-19,00 | 1,0 | |
| | 2/03/2018 | | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-19.00 | 1,00 | | | | | |
| | 3/03/2018 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-10.00 | 1,00 | 1,00 | M | 08.00-09.00 | 1,0 | |
| | 4/03/2018 | | | | | | | | | | | | | | | | | | | | | |
| Week 10 | 5/03/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | | | | |
| | 6/03/2018 | | | | | | | | | | M | 18.30-20.00 | 1.5 | | M | 18.30-20.00 | 1.5 | | | | | |
| | 7/03/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | M | 18.30-19.30 | 1,0 | |
| | 8/03/2018 | | | | | | | | | | M | 19.00-20.30 | 1.5 | | M | 19.00-20.30 | 1.5 | | M | 18.00-19,00 | 1,0 | |
| | 9/03/2018 | | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-19.00 | 1,00 | | | | | |
| | 10/02/2018 | | G | 18.00-20.00 | 2,0 | | G | 18.00-20.00 | 2,0 | | G | 18.00-20.00 | 2,0 | | | | | | | | | |
| | 10/03/2018 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-10.00 | 1,00 | 1,00 | M | 08.00-09.00 | 1,0 | |
| | 11/03/2018 | | Wedstrijd Bree | | | | Wedstrijd Bree | | | | Wedstrijd Bree | | | | Wedstrijd Bree | | | | Wedstrijd Bree | | | |
| Week 11 | 12/03/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | | | | |
| | 13/03/2018 | | | | | | | | | | M | 18.30-20.00 | 1.5 | | M | 18.30-20.00 | 1.5 | | | | | |
| | 14/03/2018 | | M | 18.30 - 20.00 | 1.5 | | M | 18.30 - 20.00 | 1.5 | | | | | | | | | | M | 18.30-19.30 | 1,0 | |
| | 15/03/2018 | | | | | | | | | | M | 19.00-20.30 | 1.5 | | M | 19.00-20.30 | 1.5 | | M | 18.00-19,00 | 1,0 | |
| | 16/03/2018 | | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-20.30 | 1.5 | 1,0 | M | 18.00-19.00 | 1,00 | | | | | |
| | 17/03/2018 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-09.00 | 1.5 | | M | 07.30-10.00 | 1,00 | 1,00 | M | 08.00-09.00 | 1,0 | |
| | 18/03/2018 | | | | | | | | | | | | | | | | | | | | | |