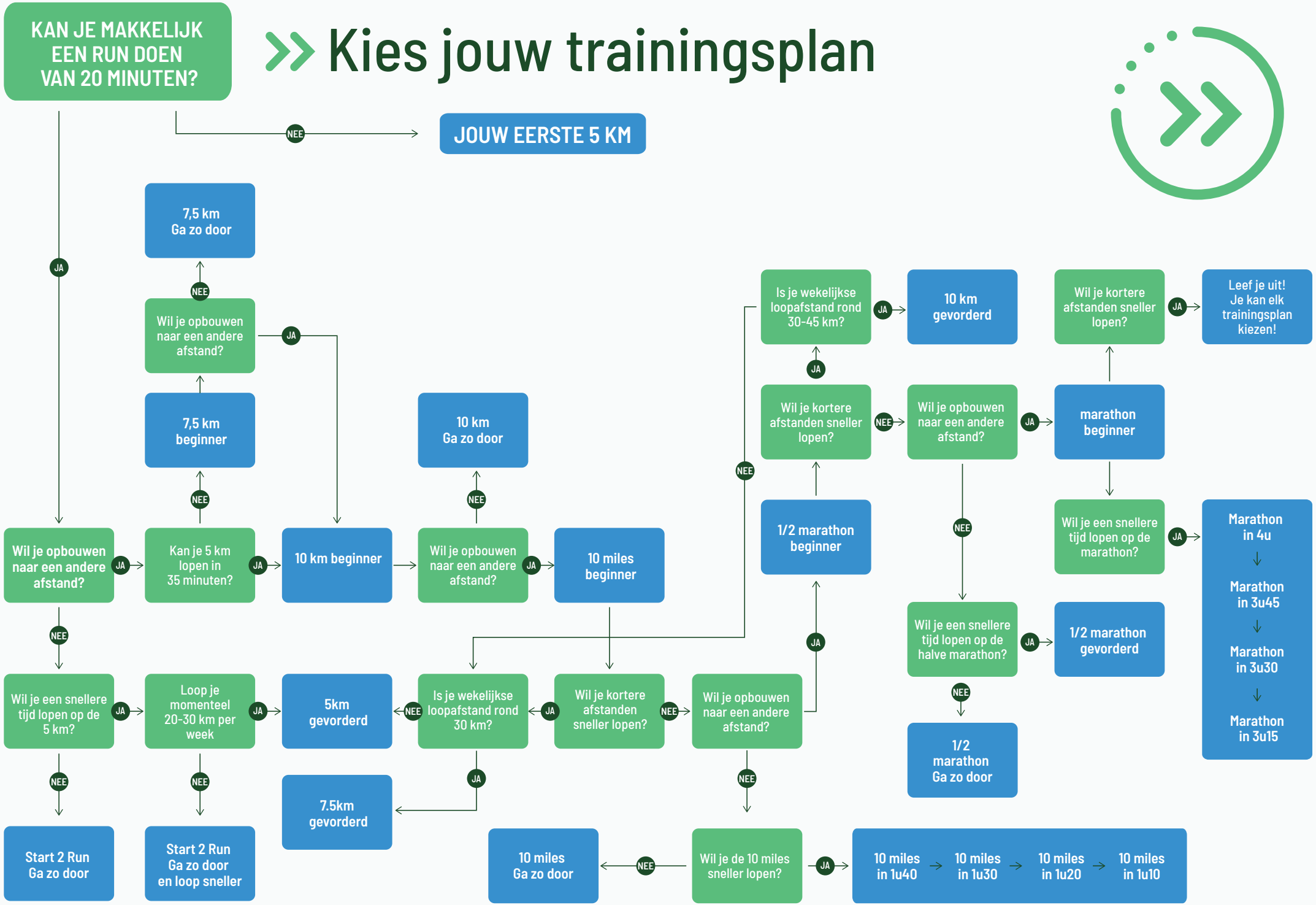Kies jouw trainingsplan