

## VT reprezentace mladší junioři 15. 9. - 22. 9. 2019 / skupina L.Luhový

15. 9. 2019 - dopoledne

**12:00 zahájení VT reprezentace ČR**

Voda	Sucho
0'	0'

**Skupina Luhový: Petra Zavadová, Tereza Anna Sýkorová, Eliška Vokatá, Adéla Držmišková, Viktorie Olivová, Natálie Tužilová**

15. 9. 2019 - odpoledne

2x(4x100K i 10''+2x100PZ i 10''+2x50Hzn i 20''),	1400	Voda	Sucho
9x100K hypox3-5/3-7/3-9 is 1'45'',	2300		
6x150 1.50Mn+50Zn+50Mn, 2.50Zn+50Pn+50Zn, 3.50Pn+50Kn+50Pn is 3'15'',			
9x200 1.200K is 3', 2.200(100PZ+100K) is 3'10'', 3.200PZ is 3'20'',	5000		
6x150 1.50Mcv+50Z+50Mcv, 2.50Zcv+50P+50Zcv, 3.50Pcv+50K+50Pcv is 2'45'',			
500(100lib+100Z)pl	<b>6400</b>	<b>6400</b>	<b>6400</b>

16. 9. 2019 - dopoledne

300lib,24x25(4xPZ,1x↓,1xPZ sprint) is 30'',300Hzn,	1200	Voda	Sucho
1x(1000Kn is 20'+200Zn/Kn is 3'45''+600Kn is 12'+200Zn/Kn is 3'45''+300Kn is 6'+			
200Zn/Kn is 3'45''+150Kn is 3'+200Zn/Kn is 3'45''+150lib),	4200		
600(50scull+50K technika)pl šn,	4800		
4x(300K is 4'30''+100PZ is 2'30''),	6400		
600(50scull+50K technika)pl šn	<b>7000</b>		

16. 9. 2019 - odpoledne

200K,200PZ,200lib,200PZcv,200scull,	1000	Voda	Sucho
12x50 1.25Mn↓+25K sprint, 2.50Z technika pl is 1'20'',	1600		
12x200(3x200K délka záběru is 3'+4x50K tempo200 is 1'10''),	4000		
16x100 1.25+25+25+25K, 2.100Z technika, 3.25+25+25+25... pl is 2',	5600		
400(100Z+100K)	6000	<b>13000</b>	<b>19400</b>

17. 9. 2019 - dopoledne

400lib,6x100K is 1'30'',200lib,6x50K 1-3 is 1'10'',	1500	Voda	Sucho
8x100 1.KKD3-4-3-2, 2.PZ is 1'45'',200lib,	2500		
<b>Test1 5x400K is 6'</b> ,200lib,	4700		
8x100 1.Z, 2.PZ is 1'45'',	5500		
1000Kn pl 50-50-100-200-200-100-100-50-50,	6500		
8x100 1.K, 2.PZ is 1'45'',200lib	<b>7500</b>		

17. 9. 2019 - odpoledne

400lib,200nlib,		Voda	Sucho
2x600(100scull+200PZcv+300Krupa šn),			
4x50(25Mn↓ od50Z)pl is 1'20'',400Kpl šn obrátky,			
4x50(15Hz max do50lib) is 1'20'',400Zn,			
4x50(25Mn↓ max od50Z)pl is 1'20'',400(100P+100K),			
4x50(z 0 pozice 15Hz max do50lib) is 1'20'',400Z	<b>4200</b>	<b>11700</b>	<b>31100</b>

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### 18. 9. 2019 - dopoledne

4x200(100K+100Z)pl is 3'15'', 8x50PZr is 1',	1200	Voda	Sucho
2x200(50K+50Z) is 3'15'', 8x50PZn is 1'05'',	2000		
<u>7x800 1.8x100K is 1'30'', 2.4x200K is 3', 3.2x400K is 6', 4.800K is 12',</u>			
5.2x400K is 6', 6.4x200K is 3', 7.8x100K is 1'30'',	7600		
400(50Z+50Zn)	8000		
	<b>8000</b>		

### 18. 9. 2019 - odpoledne

400lib, 4x100K is 1'30'', 400Kn/Zn, 4x100Z is 1'40'', 400Kn/Zn <b>25</b> +75,	2000	Voda	Sucho
8x150(25M+25Z+25P+75K hypox5) is 2'30'',	3200		
<b>Test2 6x100Hzn is 3',</b>	3800		
8x100(25Z+25P+50K hypox7) is 1'45'',	4600		
6x100(50Hz+ <b>50Hz</b> )pl is 2'30'',	5200		
8x100(50Mcv, Zcv, Pcv, Kcv+50K) is 2'	6000	<b>14000</b>	<b>45100</b>

### 19. 9. 2019 - dopoledne

800Kr šn, 8x75(50K+ <b>25PZ sprint</b> )pl is 1'30'',	1400	Voda	Sucho
5x(400Kpa is 6'+ <u>4x100K is 1'40''-35''-30''-25''-20''</u> stup po sériích+			
200n lib is 5'),	6400		
800(100Z+100Mnz+100Z+100Zn)pl	7200		
	<b>7200</b>		

### 19. 9. 2019 - odpoledne

800(50K+50PZ obr), 8x50Mn rotace pl is 1',	1200	Voda	Sucho
3x(4x100K is 1'30''+3x100Z is 1'40''+2x100P is 2'+100M is 1'40''),	4200		
400(50scull+50K technika)pl šn,	4600		
16x75 1. <b>50M</b> +25K, 2. <b>50Z</b> +25K, 3. <b>50P</b> +25K, 4. <b>50K</b> +25K is 1'30'',	5800		
800Kpapl šn délka záběru!	6600		
	<b>6600</b>	<b>13800</b>	<b>58900</b>

### 20. 9. 2019 - dopoledne

400K+300Z+200P+100M,	1000	Voda	Sucho
5x800 1.16x50Kpapa délka záběru is 50'', 2.4x200Kn pl is 3'30'',			
3.8x100 4x50Hzcv+50K+4x100Hz technika, obrátky! is 2', 4.4x200n lib ne K is 4',			
5.16x50Zpl rotace, vlnění is 55'',	5000		
4x100(25scull+50lib+25scull) i 10'', 400n lib	5800		
	<b>5800</b>		

### 20. 9. 2019 - odpoledne

4x200 1.200K is 3'15'', 2.200PZ is 3'30'',	800	Voda	Sucho
4x200 1.200PZcv, 2.200PZn, 3.200Hzcv, 4.200Hzn i 10'',	1600		
8x100 1. <b>15Hz sprint</b> do100K, 2. <b>20Hz sprint</b> do100K, 3. <b>25Hz sprint</b> do100K,			
4. <b>30Hz sprint</b> do100K is 2',	2400		
40x50 16x50 3xK+ <b>1xHz</b> is 1', 12x50 2xK+ <b>1xHz</b> is 1'15'', 8x50 1xK+ <b>1xHz</b> is 1'30'',			
<b>4x50Hz</b> is 2', 8x200 1.200K pl is 3', 2.200Z pl is 3'15''	6000	<b>11800</b>	<b>70700</b>

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### 21. 9. 2019 - dopoledne

200lib,8x100Zpl is 1'40'',4x50K 1-4 <del>7</del> is 1'10'',	1200	Voda	Sucho
6x400K délka záběru is 6'(6'15''),4x50lib ne K is 1',	3800		
5x300Kpa is 4'30'',4x50lib ne K is 1',	5500		
4x200Kpl 1+ <del>1</del> is 3',4x50lib ne K is 1',	6500		
400-300-200-100Z i 10''	7500		
	<b>7500</b>		

### 21. 9. 2019 - odpoledne

800(200lib,200n lib),	800	Voda	Sucho
4x150(25M+50Z+25P+50K) is 2'30'',4x150K hypox3,5,7 po50 is 2'30'',	2000		
4x150(100PZ+50K <del>7</del> ) is 3',	2600		
<b>Test3 8x100K is 1'40''</b> ,800(200ZS+200Z)pl,	4200		
4x(200Kn is 4'30''+ <b>50Kn</b> is 1'30''),	5200		
4x200(100K+100lib ne K) i 10''	6000	<b>13500</b>	<b>84200</b>

### 22. 9. 2019 - dopoledne

400lib,16x50K hypox3,5 is 1',	1200	Voda	Sucho
6x200K pl 1-3 <del>7</del> is 3',100lib,9x100Kn 1-3 <del>7</del> is 2'30'',100lib,	3500		
8x100K is 1'40'',100lib,6x100K is 1'30'',100lib,4x100K is 1'20'',100lib,	5600		
8x100Z pl i 10''	6400		
	<b>6400</b>		

### 22. 9. 2019 - odpoledne

<b>9:00 ukončení VT reprezentace ČR</b>		Voda	Sucho
	<b>6400</b>	<b>6400</b>	<b>90600</b>






