

**VT2 SCM II Východní Čechy - trenér Pokorný** **1. – 7.5.2016**

Dny		Tr.jed.	Tr.hodiny		SCMII:	Dostál Petr, Vágner Adam, Kláiban Jiří, Klásek Adam, Šimánová Klára		Km
zátěž	volno		voda	sucho	Sparing:	Cedidla Aleš, Tomek Viktor, Umlauf Aleš, Holubová Kateřina		celkem
6	0	11	22,00	0,00				<b>70,50</b>
<b>Po</b>	<b>rozcvičení</b>				<b>6,5</b>	<b>rozcvičení</b>		<b>6,0</b>
<b>02.05.</b>	200-400-200-400-200(200:50K/50Z-400:50T/50N PZ) 16x25ploutve(M/Z/P/K)[35"],50Zsoupaž <a href="#">8x100(2NK/2K)šnorchl[NK2'15",K1'45"]-200Zpl[3'15"]</a> <a href="#">8x100PZ[1'45"]-200Zpl[3'15"]</a> <a href="#">8x100(2NK/2K)šnorchl[NK2'15",K1'45"]-200Zpl[3'15"]</a> <a href="#">8x100PZ[1'45"]-200Zpl[3'15"]</a> vyp150, <a href="#">8x25(2NK/2NZ)rychlá-volná[30",45"]</a> vyp1400(100-50scul-100-50scul-100)				6,5 km	5x300(75K/75Z-50T/50N/50R K/Z) 16x25ploutve(2M/2Z)[35"],100Zsoupaž <b>Test I: (1500-800-400-200-100)K[22',12',6',3']</b> vyp100, <a href="#">300NK[6']-3x100NK[2']</a> vyp1300		6,0 km
					10:00			16:00
					12:00			18:00
<b>Út</b>	<b>rozcvičení</b>				<b>6,5</b>	<b>rozcvičení</b>		<b>6,5</b>
<b>03.05.</b>	200-400-200-400-200(200:50K/50Z-400:50T/50N PZ) 16x25ploutve(4M/4Z/4P/4K)[35"],50Zsoupaž <a href="#">400K[6']-6x100(50M-50Z/50Z-50P/50P-50K)[1'45"]</a> <a href="#">2x200Z[3'30"]-6x100M+K(1.25M/3.25M/1.3.25M/2.25M/4.25M/2.4.25M)[1'45"]</a> <a href="#">400K[6']-6x100(50M-50Z/50Z-50P/50P-50K)[1'45"]</a> <a href="#">2x200Z[3'30"]-6x100M+K(1.25M/3.25M/1.3.25M/2.25M/4.25M/2.4.25M)[1'45"]</a> vyp150, <a href="#">8x25ploutve sprint(M/K/Z/K)[45"]</a> vyp1400(100-50scul-100-50scul-100)				6,5 km	200-2x100-200-2x100-200(200:50K/50Z-100:TPZ,NPZ) 16x25ploutve(1M-3Z/2M-2Z/3M-1Z/4M)[35"],100Zsoupaž <a href="#">4x(400-300-200-100submax)K[6',4'30",3',2']</a> vyp100, <a href="#">300NZ[6']-3x100NZ[2']</a> vyp1300		6,5 km
					10:00			17:00
					12:00			19:00
<b>St</b>	<b>rozcvičení</b>				<b>6,5</b>	<b>rozcvičení</b>		<b>5,8</b>
<b>04.05.</b>	200-400-200-400-200(200:50K/50Z-400:50T/50N PZ) 16x25ploutve(M/Z/P/K)[35"],50Zsoupaž <a href="#">400K[6']-6x100Kšnorchl[1'45"]</a> <a href="#">200K[3']-4x(150Zploutve[2'30"]-50Mploutve[1'])</a> <a href="#">400K[6']-6x100Kšnorchl[1'45"]</a> <a href="#">200K[3']-4x(150Zploutve[2'30"]-50Mploutve[1'])</a> vyp150, <a href="#">8x25(2NK/2NZ)rychlá-volná[30",45"]</a> vyp1400(100-50scul-100-50scul-100)				6,5 km	5x300(75K/75Z-50T/50N/50R K/Z) 16x25ploutve(2M/2Z)[35"],100Zsoupaž <b>Test II: 8x200PZ[4'30"]</b> vyp1200,16x25ploutvešnorchlM-[35"] vyp100, <a href="#">400NK[8']-2x200NK[4']-4x100NK[2']</a> vyp1300		5,8 km
					10:00			16:30
					12:00			18:30
<b>Čt</b>	<b>rozcvičení</b>				<b>6,7</b>	<b>rozcvičení</b>		<b>7,0</b>
<b>05.05.</b>	200-400-200-400-200(200:50K/50Z-400:50T/50N PZ) 16x25ploutve(4M/4Z/4P/4K)[35"],50Zsoupaž <a href="#">400K[6']-4x200M+K(1.50M/2.50M/3.50M/4.50M)[3'30"]</a> <a href="#">400Z[7']-4x100PZposuv[1'45"]</a> <a href="#">400K[6']-4x200M+K(1.50M/2.50M/3.50M/4.50M)[3'30"]</a> <a href="#">400Z[7']-4x100PZposuv[1'45"]</a> vyp150, <a href="#">6x(25podvodou+25sprint(M/K))1'30"</a> vyp1400(100-50scul-100-50scul-100)				6,7 km	200-2x100-200-2x100-200(200:50K/50Z-100:TPZ,NPZ) 16x25ploutve(1M-3Z/2M-2Z/3M-1Z/4M)[35"],100Zsoupaž <a href="#">(4x100-3x200-2x300-400-500-400-2x300-3x200-4x100)K</a> <a href="#">[7'30",6',4'30",3',1'30"]</a> vyp100, <a href="#">300NZ[6']-3x100NZ[2']</a> vyp1300		7,0 km
					10:00			17:00
					12:00			19:00
<b>Pá</b>	<b>rozcvičení</b>				<b>6,5</b>	<b>rozcvičení</b>		<b>6,2</b>
<b>06.05.</b>	200-400-200-400-200(200:50K/50Z-400:50T/50N PZ) 16x25ploutve(M/Z/P/K)[35"],50Zsoupaž <a href="#">8x100(2NK/2K)šnorchl[NK2'15",K1'45"]-200Zpl[3'15"]</a> <a href="#">8x100(50M-Z-P/M-50Z-P/M-Z-50P/PZ)[1'45"]-200Zpl[3'15"]</a> <a href="#">8x100(2NK/2K)šnorchl[NK2'15",K1'45"]-200Zpl[3'15"]</a> <a href="#">8x100(50M-Z-P/M-50Z-P/M-Z-50P/PZ)[1'45"]-200Zpl[3'15"]</a> vyp150, <a href="#">8x25(2NK/2NZ)rychlá-volná[30",45"]</a> vyp1400(100-50scul-100-50scul-100)				6,5 km	5x300(75K/75Z-50T/50N/50R K/Z) 16x25ploutve(2M/2Z)[35"],100Zsoupaž <b>Test III: 2x(8x(75+vyp125))K[2'],mezi vyp1400[8']</b> vyp1200,16x25ploutvešnorchlM-[35"] vyp100, <a href="#">400NK[8']-2x200NK[4']-4x100NK[2']</a> vyp1300		6,2 km
					10:00			17:00
					12:00			19:00
<b>So</b>	<b>rozcvičení</b>				<b>6,3</b>			
<b>07.05.</b>	200-400-200-400-200(200:50K/50Z-400:50T/50N PZ) 16x25ploutve(4M/4Z/4P/4K)[35"],50Zsoupaž <a href="#">4x((4+1max)x50)K(5packy,5ploutve,5packyploutve,5)[1']</a> ,vyp150 <a href="#">400K-4x100NZ-400K-4x100NZ-400K[6',2']</a> ,vyp150 <a href="#">200K-4x50NZ-200K-4x50NZ-200K[3',1']</a> vyp1350(100-50scul-50-50scul-100)				6,3 km			
					08:00			
					10:00			
<b>Ne</b>								