

## Tréninkový výkaz – SCM II Severní Čechy, Nymburk – 21.-27.10.2018

úpravy podle věku a výkonnosti

<b>21.10</b> . <b>Ne</b>			<b>21.10</b> . <b>Ne</b> <b>14,30-</b> <b>16.45</b>	R : 800lib, 8x 300 (75 M,Z,P +100 K +125 HS) i 20", 400 HS cv., 10 x 150 ( <b>100 N HS</b> + 50 HS) i 20",100v, <b>20x 50 K</b> hypox. s 50" Vypl.700 (200 HS 4, 300 pl, 200PZ) <b>135´</b>	800 2400 400 1600 1000 700 <b>6900</b>
<b>22.10</b> <b>Pon</b> <b>6.00-</b> <b>8.00</b>	600rozp, 12x75 K á 1.15, (200N50Paž, 150N100Paž, 100N150Paž, 50N200Paž,)i30 16x50Ká45´´, PLTV – /(200,50p.v) Z,P,PZ,D/ 8x100Pzá1.45 (D4,Z12,P3,K9/ 5xPLTV/100Khyp,50 1TC, <u>50-</u> 11,50x/ <b>115</b>	1500 1000 1800 800 1300 <b>6400</b>	<b>23.10</b> <b>Pon</b> <b>14.00-</b> <b>15.45</b>	800rozpl, /30x50 á 45´´,10xK,Z,D/ 200x,400ptv scull, 6x200Pz á 3.15 zrychl 1-3,4-6,300x 1000K PLTV /400,300,200,100 i15,20,25 2x50K max á 1 500 P vyplavaní TC variace  <b>105</b>	2300 600 1500 1000 100 500  <b>6000</b>
<b>23.10</b> <b>Út</b> <b>9.20-</b> <b>11.00</b>	500rozpl, 8x100N á 2.10, 12x75 Z á 1.15 /výjezdy 12 m/, 200x 5x400K á 5.30, 200N,200Paž PTV 9x50 pac á 50´´ K,Z, PD, 5x/4x50i 10 <u>1</u> / KZ á 3.45,PD á 4 100x, <b>120</b>	1300 1300 2400 400 800 <b>6300</b>	<b>23.10</b> <b>Út</b> <b>15.45-</b> <b>17.30</b>	200rozpl,5x200Ná 4.20,12x25p.v40´ 16x100K á 1.30, 200x, PLTV-4x(75PZ, 50TC1,50p.v,4x25i10 D/ i1´´, 4x /200PZ á3,30 + 3x75 1 i 10/ á7.15 100x  <b>120</b>	1500 1800  1100 1700 100  <b>6200</b>
<b>24.10</b>	500 roz 8 x 100 PZá 1.45 lich cel,sud2 x 50( i10) 16 x 25 N 30" ( 4 x D, Z, P, K), 200x 1 500K á24 800 K á12 ,400 K ,200x 100x, <b>100</b>	500 800 600 1500 1400 <b>4900</b>	<b>24.10</b> <b>St</b> <b>odpol</b>	500rozpl, 8x100á2(100,75+25,50+50,25+75/Ppaž+ K) 1000(300Z,6x50scull,i10 4x100N i20) 200x, (5x100Ká1.30,i1,5x100Ki1.25,i1,500K,i1, 5x100Ká1.20,)200x,2x200PZ jiné nohy. 16x20 á 30, 50MAX,200x.  <b>120</b>	500 800 1000 200 2600 600  <b>5700</b>

<b>25.10</b> <b>Čt</b> <b>6.00-</b> <b>7.40</b>	400rozpl, 12x50Ná 1.10, 8x100K pac á1.40 , 600/x25p.v +50Tc1/,200x 4x/200PZá3.20+4x50i10D,Z,P,K/i1 400x  <b>100</b>	1000 800 800 1600 400 <b>4600</b>	<b>25.10</b> <b>Čt</b> <b>14-</b> <b>15.30</b>	300rozpl,12x75 P á1.20, 3x(100N+100paž)i20, 100x, 24x50á1 (D,DZ,Z,ZP,P,PK,K,KD) 5x(2x50 K PTVi15á2.30),200x 3x250-1 (150zrychl á50100TC)á4.30  <b>90</b>	1200 700 1200 700 800  <b>4600</b>
<b>26.10</b> <b>Pá</b> <b>9.20-</b> <b>11.00</b>	400,12x25N á30, 8x(50K á50+ 75 1 á1.30) 6x/25pv+25D+25 1max+25x/ á 2 400 TC 1, 3x/( 8x25 1á30,i1,6x50 1 á1.10)+ Mezi 200 K O2 5/, 100x	700 1000  1000 1900  <b>4700</b>	26.10 Pá 15.45- 17.45	200rozpl, 4x/100N,100pac/á 3.30,  300 K 4.20, 3 x 100 K 1.25 á 300 P4.30, 3 x 100 P 1.50 300 Z 4.20, 3 x 100 Z 1.45 300 PZ 4.20, 3 x 100 PZ 1.45,200x 4 x 250 (150 K + 25 Z + 25 P + 50 D) 2 x (5 x 100 K á 1:20 + 400 P ,400 Z) <b>120</b>	1000  600 600 600 800 1000 2000 <b>6600</b>
<b>29.4</b> <b>So</b> <b>dopo</b> <b>l</b>	800(6x100PZ,200lib),4x200Ná4.20 20x50 K pack 50", 8x75 PZ i 15 10x/25pv+25D+25 1max+25x/ á 2 400 TC 1, 200x <b>4x300 K, Z, K, P, PZ, K (K 4'30",</b> <b>Z,PZ 5', P 5'30"),200x</b> <b>100</b>	1600 1600 1000 600 1200 200 1000 <b>4800</b>			