

| VT1 SCM II Východní Čechy - trenér Pokorný | | | | | | 9.9. – 15.9.2018 | |
|--|-------|---------|-----------|-------|----------|--|--------------------------|
| Dny | | Tr.jed. | Tr.hodiny | | SCMII: | Havlena Maxim, Kraková Lucie, Smolíková Pavlína, Hůlková Veronika | Km |
| zátěž | volno | | voda | sucho | | | |
| 7 | 0 | 12 | 23,00 | 2,00 | Sparing: | Cogan Mikuláš Rudolf, Apeltauerová Kateřina | 69,20 |
| Ne | | | | | | rozcvičení | 4,5 km |
| 09.09. | | | | | | 200Z-200K-200(5NZ/5NKpl)-150Z-150K-200(5NZ/5NKpl) 100Z-100K-200(5NZ/5NKpl)-50Z-50K 24x25(M~,M,NK,K)ploutvešnorchl[30"],vypl100(25ZS/25lib) 400Kfartlek(75-25)-25Mmax-vypl25 300Kfartlek(75-25)-25Mmax-vypl25 200Kfartlek(75-25)-25Mmax-vypl25 100Kfartlek(75-25)-25Mmax-vypl25 vypl100,400NK,8x25NK(rychlá-volná)[30",40"],vypl300 se scul. | 18:00 19:30 |
| Po | | | | | | rozcvičení | 6,5 km |
| 10.09. | | | | | | 200-400-200-400-200(200:5Z/5K,400:5T/5N PZ ploutve,P bez) 24x25(1M/1Z/2M/2Z)ploutve[30"],vypl100(25ZS/25lib) 400K[6']-5x100(1Z/75Z-25P/5Z-5P/25Z-75P/1P)[1'45"] 400K[6']-5x100Zploutve[1'40"] 400K[6']-5x100(1Z/75Z-25P/5Z-5P/25Z-75P/1P)[1'45"] 400K[6']-5x100Zploutve[1'40"] vypl300 | 6,0 km 10:00 12:00 |
| Út | | | | | | rozcvičení | 6,0 km |
| 11.09. | | | | | | 10x200(2Z/15Z-5K/1Z-1K/5Z-15K/2K) liché souhra/sudé Npl 24x25(1ML/MP/MLPS/M/4xZ)ploutve[30"],vypl100(25ZS/25lib) 2x400K[6']-4x(2x25M[30",45"]-50Z[1'15"]) 2x300K[4'30"]-3x(2x25M[30",45"]-50Z[1'15"]) 2x200K[3']-2x(2x25M[30",45"]-50Z[1'15"]) 2x100K[1'30"]-1x(2x25M[30",45"]-50Z[1'15"]) vypl300 08:15-09:15: Fit centrum s instruktorem | 6,0 km 10:00 12:00 |
| St | | | | | | rozcvičení | 6,4 km |
| 12.09. | | | | | | 200-400-200-400-200(200:5Z/5K,400:5T/5N PZ ploutve,P bez) 24x25(1M/1Z/2M/2Z)ploutve[30"],vypl100(25ZS/25lib) 3x100K[1'40"]-4x75P[1'30"]-6x50Z[1']-12x25M[40"]-200Zpl 3x100K[1'40"]-4x75P[1'30"]-6x50Z[1']-12x25M[40"]-200Zpl vypl100,400NPZ,vypl300 | 5,7 km 10:00 12:00 |
| Čt | | | | | | rozcvičení | 6,0 km |
| 13.09. | | | | | | 10x200(2Z/15Z-5K/1Z-1K/5Z-15K/2K) liché souhra/sudé Npl 24x25(1ML/MP/MLPS/M/4xZ)ploutve[30"],vypl100(25ZS/25lib) 500K[7'30"]-5x100(25M-75K)[1'45"]-400K[6']-4x100(25M-75Z)pl[1'45"] 300K[4'30"]-3x100(25M-75K)[1'45"]-200K[3']-2x100(25M-75Z)pl[1'45"] 100K[4'30"]-1x100(25M-75K)[1'45"] vypl300 08:15-09:15: Fit centrum s instruktorem | 6,0 km 10:00 12:00 |
| Pá | | | | | | rozcvičení | 6,5 km |
| 14.09. | | | | | | 200-400-200-400-200(200:5Z/5K,400:5T/5N PZ ploutve,P bez) 24x25(1M/1Z/2M/2Z)ploutve[30"],vypl100(25ZS/25lib) 2x(25M-25M-25Z-50(M-Z)-25M-25Z-25P-75(M-Z-P)- 25M-25Z-25P-25K-100PZ-vypl25)pl[30",1':1'30"]-200Zpl- (25M-25M-25Z-50(M-Z)-25M-25Z-25P-75(M-Z-P)- 25M-25Z-25P-25K-100PZ-vypl25)[30",1':1'30"]-500K[7'30"] vypl100,8x25P(1zpv/1znv,2zpv/2znv,3zpv/3znv,souhra)[40"] vypl300 | 6,1 km 10:00 12:00 |
| So | | | | | | rozcvičení | 3,5 km |
| 15.09. | | | | | | (300K-300NKpl-300K-300NKpl-300K)vlak po 50 24x25(M~,M,NK,K)ploutvešnorchl[30"],vypl100(25ZS/25lib) štafety každý 800(300K,vypl100,300Z,vypl100,200PZ) - "cykloveledrom" vypl300 | 08:00 09:30 |