

VT SCM2 Západní Čechy 17. 3. - 23. 3. 2019 / skupina Z. Panýrková

17. 3. 2019 - dopoledne

12:00 zahájení VT

Voda	Sucho
0'	0'

Skupina Panýrková: Drahoš, Harmašová, Hlaváč, Chocholatá, Kracíková, Macháčková, Růžička, Řezníčková, Šimová

17. 3. 2019 - odpoledne

400(50K+50Z),200Kn,	600	Voda	Sucho
12x100 1.100K is 1'30'', 2.50Kcv+50K is 1'40'', 3.100Z is 1'40'',	1800		
4x(200Kn is 4'+2x100 1.50HZn max+50lib n, 2.25HZn max+75lib n is 2'),	3400		
6x400K po1 is 5'20''-5'30''-5'40''-5'50''-6',	5800		
400(50lib cv+50lib)	6200		
6200	6200	6200	

18. 3. 2019 - dopoledne

800Kr šn,10x50(25↓+25K) is 1'10'',	1300	Voda	Sucho
800K is 12'+400K is 6'+200K is 3'+100K,	2800		
8x100 1.50ZS+50Zn, 2.50Z+50Zn pl is 1'50'',	3600		
800K is 12'+400K is 6'+200K is 3'+100K,	5100		
8x200 1.200Z is 3', 2.200PZcv is 3'15'',	6700		
4x50lib i 5''	6900		

18. 3. 2019 - odpoledne

300lib,9x100 1.50HZcv+50K, 2.100HZ technika, 3.100K is 2',	1200	Voda	Sucho
8x50K 1-4 is 1'10'',	1600		
Test 1. Step test 7x200HZ 2-2-2-1 is 5',	3000		
8x50K pl is 50'',	3400		
50Z-50K-100Z-50K-150Z-50K-200Z-50K-150Z-50K-100Z-50K-50Z i 10'',	4500		
8x25 15HZn sprint do25lib is 45'',400v	5100	12000	18200

19. 3. 2019 - dopoledne

400(50K+50Z),4x100PZ i 10'',400(50K+50P),4x100PZn i 10'',	1600	Voda	Sucho
9x300 1.300Zpl, 2.300K hypox5, 3.300K is 4'30'',	4300		
8x200 1.200PZ is 3'15'', 2.200Mn,Zn,Pn,Kn is 4',	5900		
7x100(25Kn streamline+75K technika) šn is 1'40'',	6600		
6x50 1.25M+25Z, 2.25Z+25P, 3.25P+25K obrátky! Is 1'10'',	6900		
4x100lib i 10''	7300		

19. 3. 2019 - odpoledne

12x100lib po3 is 2'-1'50''-1'40''-1'30'',	1200	Voda	Sucho
4x100HZcv i 10'',	1600		
8x100(75HZn+25HZn max) is 2'15'',	2400		
40x50 16x(3K+1HZ is 1')-12x(2K+2HZ is 1'15'')-8x(1k+3HZ is 1'30'')-4x(4HZ is 2'),	5200		
2x400 1.400Kpa šn, 2.50K+50Kcv, i 20''	5200	12500	30700

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20. 3. 2019 - dopoledne

400lib,	400	Voda	Sucho
4x(200K is 3'+4x50PZcv is 1'),	2000		
12x400 2x(4x400K is 5'30''(6')+4x100K RP400 is 1'20''(1'30'')+400lib is 7'),			
2x(200Z is 3'15''+4x50PZn is 1')	7600		
	7600		

20. 3. 2019 - odpoledne

1000K šn, 4x20K sprint is 45'' ,	1100	Voda	Sucho
400Mn rotace po50 pl, 4x25K sprint is 45'' ,	1600		
Test 2. 6x100HZn is 3' ,	2200		
5x200K šn i 10'',	3200		
20x50 8x(25Mn↓+25Kn) is 1'10'', 8x(25Kn+25Mn↓) is 1'20'', 8xMn↓ max is 1'30'' pl ,			
10x100Kpa šn i 10''	5200	12800	42800

21. 3. 2019 - dopoledne

200lib+300K, 200lib+300Z, 200lib+300PZcv,	1500	Voda	Sucho
1500(300K po100 hypox3,5,7+200PZ),	3000		
6x200Kn posl25 max is 4', 100v, 4x200Kn posl50 max is 4'30'', 100v,			
2x200Kn posl100 max is 5', 100v,	5700		
1500(200PZ+ 25lib max +275lib)	7200		
	7200		

21. 3. 2019 - odpoledne

600lib,	600	Voda	Sucho
16x50K po4 is 55''-50''-45''-40'', 8x50(3x50HZcv, 1x50lib) i 10'',	1800		
8x200HZ 90% is 4' P, M is 5' ,	3400		
16x50Z, P is 55''/1'05'',	4200		
8x200Kpa šn is 3',	5800		
6x50lib i 5''	6100	13300	56100

22. 3. 2019 - dopoledne

4x500 1.500K, 2.50Z+50P, 3.500Kr, 4.500lib i 30'',	2000	Voda	Sucho
2x400K 85% is 6'(6'30'')+2x200K 85% is 3'30''(4')+4x400 3xKpa, 1xKn is 5'30''(6'),			
4x250(50Mcv+50K+50Zcv+50K+50Pcv) i 20'',	5800		
2x(400Kn pl is 7'+ 4x50K max is 1'15'' po+1'),	7000		
4x100lib i 10''	7400		
	7400		

22. 3. 2019 - odpoledne

8x100 1.100K, 2.100Z i 10'', 8x50 1.50K, 2.50P i 10'', 8x25 1.25K, 2.25M i 10'',		Voda	Sucho
8x100 1.50K↘+50K technika, 2.100Kcv is 2',	2200		
Test 3. 10x100K TOPØ is 2' ,	3200		
4x200(100lib n+100lib r) i 10'',	4000		
10x100(25SC+50lib+25SC) is 2',	5000		
800Z pl	5800	13200	69300

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300lib,30x50(3x50K is 45''+1x50M is 1'+1x50Z is 1'+1x50P is 1'05''),	1800	Voda	Sucho
6x200(150HZn+ 50HZn max) is 4'30'',100lib is 3',	3100		
6x200(150HZ+ 50HZ max) is 4',100lib is 3',	4400		
6x100(75HZn+ 25HZn max) is 2'15'',100lib 3',	5100		
6x100(75HZ+ 25HZ max) is 2',100lib 3',	5800		
300lib pl	6100		

23. 3. 2019 - odpoledne

10:00 ukončení VT		Voda	Sucho
		6100	75400

		Voda	Sucho

		Voda	Sucho

