

| Dny | | Tr.jed. | Tr.hodiny | | SCMII: | Umláuf Aleš, Klaban Jiří, Krpálek Libor, Čejka Jan, Klásek Adam | Km |
|--------|--|---------|-----------|-------|---------|--|--------|
| zátěž | volno | | voda | sucho | | Lemfeldová Petra, Šolínová Karolína | celkem |
| 6 | 0 | 11 | 22,00 | 3,00 | Spring: | Cogan Mikuláš Rudolf, Balcar Lukáš, Šimánová Klára (SCM I) | 71,50 |
| Po | rozcvičení | | | | | | |
| 11.09. | 200-300-200-300-200 (200:2Z,1Z/1K,2K,300ploutve:1.5TZ/5NZ/5Z,2.5TK/5NK/5K) 20x25ploutvešnorchl(M~/M/NK/K)[30"],50ZS 4x(500K[7']-5x100[1'45"])(1.s Kšnorchl, 2.s Zploutve, 3.s K, 4.s Z) vypl50, (200-150-100-50max)NZ[4',3',2'] vypl200 | 6,5 km | | | | rozcvičení 4x(200-100) (200:2Z,1Z/1K,5Z/5K,25Z/25K,100ploutve:1.+3.NZ,2.+4.NK) (8x25-4x50-2x100-200)Kšnorchl[30",1',1'45"] vypl100, Test I: 3000K z vody , vypl200 600NKploutve, vypl100 6x50ploutve(25podvodou+25M/Kmax)[1'30"] vypl200 | 6,5 km |
| | | | | | 10:00 | | 16:00 |
| | | | | | 12:00 | | 18:00 |
| Út | rozcvičení | | | | | | |
| 12.09. | 200-300-200-300-200 (200:5Z/5K,300:5TZ/5NZ/5RZ/5TK/5NK/5RK) 20x25PZploutve[30"],50ZS 600K[8'30"]-3x200PZ[3'15"]-500K[7'15"]-5x100Z[1'45"] 400K[6']-2x200PZ[3'15"]-300K[4'30"]-3x100Z[1'45"] 200K[3']-200PZ[3'15"]-100Kmax[2']-100Zmax vypl50, 12x25NZ(25max/25)[30"/40"] vypl200 | 6,5 km | | | | rozcvičení 200-400-200-400-200(200:2Z,1Z/1K,2K,400:5T/5N M/Z/P/K) 20x25ploutve[30"](4Z,1M/3Z,2M/2Z,3M/1Z,4M),50ZS 8x25K[30"]-8x25(2M/2K)[30"]-4x50K[1']-4x50M/K[1'] 2x100K[1'30"]-2x100(25M-25K/25K-25M)[1'45"] 200K[3']-200(25M-25K)[3'30"]-400K[6']-200(25K-25M)[3'30"]-200K[3'] a dolů stejně jako nahoru 2x100X-2x100K-4x50X-4x50K-8x25X-8x25K vypl50, (200-150-100-50max)NK[4',3',2'],vypl400 se scullingem 14:30-15:30: Fit centrum - trampolíny s instruktorem | 6,5 km |
| | | | | | 10:00 | | 17:00 |
| | | | | | 12:00 | | 19:00 |
| St | rozcvičení | | | | | | |
| 13.09. | 200-300-200-300-200 (200:2Z,1Z/1K,2K,300ploutve:1.5TZ/5NZ/5Z,2.5TK/5NK/5K) 20x25ploutvešnorchl(M~/M/NK/K)[30"],50ZS 4x(8x100[1'40"]-200Zploutve[3'30"]) (100:1.s Kšnorchl, 2.s Kploutve, 3.s Kšnorchlploutve, 4.s K) vypl50,500NZploutve vypl200 | 6,5 km | | | | 4x(200-100) (200:2Z,1Z/1K,5Z/5K,25Z/25K,100ploutve:1.+3.NZ,2.+4.NK) 8x25[30"](2M/2Z/2P/2K)-6x50[1'](M-Z/Z-P/P-K) 3x100[1'45"](M-Z/Z-P/P-K),vypl100 Test II: 8x200PZ[4'30"] z vody , vypl200 800K[12']-700K[10'30"]-600K vypl200 | 6,2 km |
| | | | | | 10:00 | | 17:00 |
| | | | | | 12:00 | | 19:00 |
| Čt | rozcvičení | | | | | | |
| 14.09. | 200-300-200-300-200 (200:5Z/5K,300:5TZ/5NZ/5RZ/5TK/5NK/5RK) 20x25PZploutve[30"],50ZS 600K[8'30"]-100Z[1'45"]-500K[7'15"]-200Z[3'15"] 400K[6']-3x100Z[1'45"]-300K[4'30"]-2x200Z[3'15"] 200K[3']-5x100Z[1'45"]-100K[1'30"]-3x200Z[3'15"] vypl50, 12x25NK(25max/25)[30"/40"] vypl200 | 6,5 km | | | | rozcvičení 200-400-200-400-200(200:2Z,1Z/1K,2K,400:5T/5N M/Z/P/K) 20x25ploutve[30"](4Z,1M/3Z,2M/2Z,3M/1Z,4M),50ZS 600K[9']-8x50[1'](M-K/K-M/M/K) 2x300K[4'30"]-4x100[1'45"](M-K-M-K/5M-5K) 4x150K[2'15"]-4x100[1'45"](K-M-K-M/5K-5M) 8x75K[1'15"]-2x200[3'30"](5M-5K-5M-5K/5K-5M-5K-5M) vypl50, (200-150-100-50max)NK[4',3',2'],vypl400 se scullingem 14:30-15:30: Fit centrum - crossfit,bossu s kondičním trenérem | 6,9 km |
| | | | | | 10:00 | | 17:00 |
| | | | | | 12:00 | | 19:00 |
| Pá | rozcvičení | | | | | | |
| 15.09. | 200-300-200-300-200 (200:2Z,1Z/1K,2K,300ploutve:1.5TZ/5NZ/5Z,2.5TK/5NK/5K) 20x25ploutvešnorchl(M~/M/NK/K)[30"],50ZS 2x(400K[6']-6x100šnorchlRK[1'45"]-400K[6']-6x100NK/K[2',1'45"]) vypl50, (200-150-100-50max)NZ[4',3',2'] vypl200 | 6,5 km | | | | rozcvičení 4x(200-100) (200:2Z,1Z/1K,5Z/5K,25Z/25K,100ploutve:1.+3.NZ,2.+4.NK) 12x25ploutvešnorchl[30"](2NK/2K)-12x25ploutve[30"](2NZ/2Z) vypl100, Test III: 8x100NK[3'] z vody , vypl200 600K[9']-3x200Kšnorchl[3']-500K[7'30"]-5x100Kšnorchl[1'40"] 400K[6']-8x50Kšnorchl[1'] vypl100,4x50(25podvodou+25libmax)[1'30"],vypl200 13:45-14:45: Tělocvična - protahování s fyzioterapeutkou | 6,4 km |
| | | | | | 10:00 | | 17:00 |
| | | | | | 12:00 | | 19:00 |
| So | rozcvičení | | | | | | |
| 16.09. | 200-400-200-400-200(200:2Z,1Z/1K,2K,400:5T/5N M/Z/P/K) 20x25ploutve[30"](4Z,1M/3Z,2M/2Z,3M/1Z,4M),50ZS (800-700-600-500-400-300-200-100max)K[1'30"/100] vypl50 9x100K[1'45"] sestupně (1:10,1:12.5,1:15,1:17.5,1:20,1:22.5,1:25,1:27.5,1:30) | 6,5 km | | | | | |
| | | | | | 08:00 | | |
| | | | | | 10:00 | | |
| Ne | | | | | | | |