

August 2019							September 2019							October 2019						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1	2	3	4									1	1	2	3	4	5	6	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

 Kalendář

	Start	End	Category	Description
28 Sep 2019	14:00	16:00		VT SCM2: 600 rozpl 5x100 HZ N á 2' 12x100 K-Z (25 N + 50 S + 25 N) i 10'' 100 V 10 x 200 á K - Z pl 3' 10'' (5x K (2xpac + 5x Z (2xpac)) 200 V 12x100 P-D (25 N + 50 S + 25 N) i 10'' 200 vyplavání 6,0
29 Sep 2019	10:00	12:00		VT SCM2: 400 rozpl 4x 200 PZ (S-N-R-S) i 15" 4x 500 K tempo á 7' + 200 P N 8x 150 Z pl - tempo á 2'30'' + 200 D N 6x 100 P tempo á 1'50'' + 200 K N 4x 50 D tempo á 1' + 200 Z N 200 vypl 6,2
	14:00	16:00		VT SCM2: 600 rozpl 2x 200PZ N + 2x 200PZ TC i 15'' 2x 400K (1-pac+pl / 2-hypox) á 5'45'' 20x 50 Z - D pl á 55'' (po 2) 200 V 300K á 4'30'' + 3x100P á 2' + 6x50Z á 1' + 12x25D á 30'' 100 V 1x / 25D á 30'' + 50Z á 1' + 100P á 2' + 150K á 2'30'' + 100P á 2' + 50Z á 1' + 25D / +200 V 5,4
30 Sep 2019	8:00	10:00		VT SCM2: 600 rozpl 8x 100 PZ N/R i 20'' 600 HZ TC + zrychlovačky po 100m TEST: 8x 200 HZ á 4'30'' 200 V lib. 8 x 100 D, Z, P, K (75TC + 25T) i 20'' 200 vypl 4,8
	14:00	15:30		VT SCM2: 600 rozpl 800 (50 N + 50 R) po 200m D-Z-P-K 200 HZ TC 400K, 2x200K, 4x100K, 4x50K i 20'' (pl - TF 26) 200 V 16x 100 á 1'40'' (3x-PZ tempo + 1x HZ MAX (po 4 - 30'' navíc) 200 vypl 4,6
1 Oct 2019	8:00	10:00		VT SCM2: 800 rozpl 16 x 50 K N/ R 8x 50 HZ N á 1'10'' ostře 100 V 5 x 400 K á 5'30'' (S-R-S-R-S) + 200V 5 x 200 K á 3' + 200V 5 x 100 K á 1'30'' + 200V 4 x 50 K á 1' 200 vypl 6,6

September 2019							October 2019							November 2019						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
						1	1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

 Kalendář

	Start	End	Category	Description
1 Oct 2019	14:00	16:00		VT SCM2: 600 rozpl 12x50 D-Z-P-K i 10'' (N-R-S po 4) 200D TC 5x 200PZ á 3'30'' 100 V 400 HZ T 5x 200Z pl á 3'15'' 100V 400 K T 5x200 K pl + pac á 2'' 100 V 400 P-Z po 100m T 200 vypl 6,1
2 Oct 2019	8:00	10:00		VT SCM2: 800 K-Z rozpl po 200 400 K-P N po 100m + 200 Z-M N po 50m 3x 800 (1-800 K, 2-100Z+100P, 3-800 K ploutve-výjezdy!) mezi 30'' 16x50 D-Z-P-K á 1', 8x 150 K hypox (po 50m 1- 5-3-5 / 2- 7-5-7) á 2'30'', 200 vypl 6,0
	15:00	16:00		VT SCM2: 1000 rozpl 5x 100 lib N pl á 2' 100 V 12x 50 á 1'15'' (1- 25 p.v. +25Z, 2- 50 lib. TC) 200 D vlnění (B-Z-LB-PB) 4x/ 3x 50 á 1' (1- 25D+ 25P, 2- 25Z+25K, 3- D-Z-P-K) 200 vypl 3,2
3 Oct 2019	6:00	8:00		VT SCM2: 600 rozpl + 200 K N 800 PZ R tempo 6 x 100 HZ N á 2'10'' rychlé tempo 3 x / 400 K á 6' + 300 K á 4'30'' + 200 K á 3' + 100 K progres. + 200 V 4 x 100 PZ MAX á 2' 200 vypl 6,4
	14:00	16:00		VT SCM2: 200K + 3x100 HZ N á 2'10'' svižně + 200 HZ TC 8x50 HZ - 2ZP. á 1' (25+25) 100 V TEST: 4x100 HZ MAX + 800V 100 HZ ČAS + START!!! 800 (100K-100P) 100 HZ ČAS+START!!! 800 (300K-100nohy hl.zp.) 100 HZ ČAS+START !!! 800 (100K-100PZ) 100 HZ ČAS+START!!! 800 pl (K-HZ) 200 vypl 5,0

