

## VT SCM2 Západní Čechy 16. - 22. 2. 2020 / skupina L.Luhový

16. 2. 2020 - dopoledne

**12:00 zahájení VT**

Voda	Sucho
0'	0'

**Skupina Luhový: Krček, Marek, Suda, Drahoš, Hlaváč, Chocholatý, Růžička, Mikulíková, Řezníčková, Harmašová, Lelková, Šimová, Svobodová, Tondrová**

16. 2. 2020 - odpoledne 14:00-16:00

1400(100lib-100PZ-100lib-200Z-100lib-300P-100lib-400K i 10''),	1400	Voda	Sucho
400Kn,8x50(25Mn↓ max+25Mn záda)pl is 1'15'',	2200	120	60
5x200K is 2'40''(2'50'')-4x200K is 2'35''(2'45'')-3x200K is 2'30''(2'40'')-4x50Z is 1',			
4x200K is 2'35''(2'45'')-3x200K is 2'30''(2'40'')-4x50Z is 1',			
3x200K is 2'30''(2'40'')-4x50Z is 1',	7200		
	<b>7200</b>	<b>7200</b>	<b>7200</b>

17. 2. 2020 - dopoledne 8:30-11:00

400lib,4x150(100PZ+50PZn) i 10'',8x50(25scull+25Kr) i 10'',	1400	Voda	Sucho
4x(200Kn is 4'+3x50HZn 1-3↗ is 1'),	2800	150	0
4x(3x50HZ max is 50''+100PZ max is 1'40''+3x50K max is 50''+200K lehce is 4'),			
12x50Z pl is 50'',	5800		
3x400Kpa is 5'(5'30'')-3x300Kpa is 4'(4'15'')-3x200K is 3',	8500		
200lib	<b>8700</b>		

17. 2. 2020 - odpoledne 15:30-17:30

1000(200lib+50K,P,Z,M i 10''),	1000	Voda	Sucho
5x200PZ (vždy 1zp nohy/lib výběr) is 3'20'',	2000	100	40
<b>3000K(1500K is 24'-800K is 12'-400K is 6'-200K is 3'-100K),</b>	5000		
3x400 1.400Z, 2.400Zmpa, 3.400Zpa i 20''	6200		
	<b>6200</b>	<b>14900</b>	<b>22100</b>

18. 2. 2020 - dopoledne 6:00-8:30

500(100lib+25PZ),	500	Voda	Sucho
32x50(2xK+2xKn)pl is 45'',3x200PZcv i 15'',28x50(2xZ+2xZn)pl is 50'',	4100	150	60
3x200PZcv i 15'',24x50(2xM+2xP) is 55''/1',	5900		
600Kpa šn délka záběru!,	6500		
10x200(2xM+2xZ+2xP+2xPZ+2xK) is 3'15''-3'-3'30''-3'-2'45''(+15''),	8500		
300lib pomůcky	<b>8800</b>		

18. 2. 2020 - odpoledne 14:00-16:00

900(50-100-150 Z,P,K),5x200PZ is 3'(3'15''),	1900	Voda	Sucho
1000(50n-100souhra-50cv Z,K,P,Z,K),	2900	120	0
<b>4x100K max is 1'30''+100lib,4x100K max is 1'30''+100lib,</b>	3900		
<b>400K max+100lib,4x100K max is 1'30''+100lib,</b>	4900		
400 po50 Zcv,Pcv,	5300		
1000K pl (25max-175souhra),300lib	<b>6600</b>	<b>15400</b>	<b>37500</b>

## VT SCM2 Západní Čechy 16. - 22. 2. 2020 / skupina L.Luhový

19. 2. 2020 - dopoledne 8:30-11:00

400K,400(100K+100PZ),8x50K hypox5,7 is 50'',	1200	Voda	Sucho
3x400PZ po100-50-25 is 6'(6'45''),100lib,	2500	150	0
<b>5x800K is 12'+2x400K is 5'30'',</b>	7300		
400lib pomůcky,	7700		
2x300PZ,Z i 20''+2x200PZ,Z i 15''+2x100PZ,Z i 10''	8900		
	<b>8900</b>		

19. 2. 2020 - odpoledne 16:00-18:00

200lib,18x50K po6 is 50''-45''-40''(+5''),400n lib,	1500	Voda	Sucho
4x50PZ ( <b>15max</b> -35lehce) is 1',600K šn,4x50( <b>15Mn</b> ↓-35Z)pl is 1',600(50Z+50P),		120	60
4x50PZ ( <b>25max</b> -25lehce) is 1',600kpa šn,4x50( <b>25Mn</b> ↓-25lib)pl is 1',600(50Z+50K),			
<b>3x200Z 1-37 is 3'(3'15'')</b> ,300lib	5600		
	<b>5600</b>	<b>14500</b>	<b>52000</b>

20. 2. 2020 - dopoledne 6:00-8:30

800(400K,Z po50-200Z-200P),8x100Kpa prvních a posledních 15m hypox is 1'30'',		Voda	Sucho
8x100k is 1'20'',200lib,	2600	150	60
10x(400K is 5'30''(6')+ <b>100HZ max</b> +50lib) is 8'30''(9'),	8100		
8x100lib pomůcky i 10''	8900		
	<b>8900</b>		

20. 2. 2020 - odpoledne 14:00-16:00

400lib,8x50 po1 Zcv,Z i 10'',200K hypox5,8x50 po1 Pcv,P i 10'',200K hypox5,		Voda	Sucho
<b>100M</b> is 1'30''(1'40'')+200(100M+ <b>100Z</b> ) is 3'(3'20'')+		120	0
300(100M+100Z+ <b>100P</b> ) is 4'30''(5')+400(100M+100Z+100P+ <b>100K</b> ),	2600		
400(25scull+25Kr) šn,	3000		
800Kpa-7x100K is 1'20''(1'25'')-600Kpa-5x100K is 1'20''(1'25'')-400Kpa-3x100K is 1'20''(1'25'')-			
200Kpa- <b>100K start max!</b> ,200lib	6800	<b>15700</b>	<b>67700</b>

21. 2. 2020 - dopoledne 8:30-11:00

500lib,800(200K-100PZ-200K-100PZ-200K),	1300	Voda	Sucho
16x50M,Z,P,K 4x <b>15</b> +35lib-4xcv-4x <b>25</b> +25lib-4xn is 1',	2100	150	0
5x500K is 6'30''(7'),200lib,	4800		
10x200K stup. po sériích 1-4 is 2'45''(3'),5-8 is 2'30''(2'45''), <b>9-10 MAX</b> is 3'(3'15''),200lib,			
15x100 1-8 HZn is 1'50'',9-15 PZ is 1'40'',400lib	8900		
	<b>8900</b>		

21. 2. 2020 - odpoledne 15:00-16:30

400lib,200n lib,8x50PZ 1.souhra, 2.n i 10'',	1000	Voda	Sucho
6x100K 1-37 is 1'20''(1'30''),4x200K NS is 3'(3'15''),	2400	90	40
6x100HZ ne K 75+ <b>25 sprint</b> is 2',8x200Kpapl (šn) is 2'30''(2'45''),	4600		
6x100HZ ne k 50souhra+50cv is 2',	5200		
200lib	5400		
	<b>5400</b>	<b>14300</b>	<b>82000</b>

## VT SCM2 Západní Čechy 16. - 22. 2. 2020 / skupina L.Luhový

22. 2. 2020 - dopoledne 8:45-10:00

400lib,	400	Voda	Sucho
10x50K šn is 45'',8x50(25Mn↓+ <b>25PZ</b> )pl is 1'10'',	1300	80	0
2x(400K is 5'30''(6')+200Z is 3'(3'15'')+ <b>100PZ max</b> +100lib),	2900		
2x(200Kn is 4'+100Zn is 2'+ <b>100HZn max</b> +100lib),	3900		
400lib pomůcky	4300		
	<b>4300</b>		

22. 2. 2020 - odpoledne

<b>10:00 ukončení VT</b>		Voda	Sucho
		<b>4300</b>	<b>86300</b>

		Voda	Sucho

		Voda	Sucho


