

# SCM Plzeň - Švaňhal

## složení skupiny:

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## Tréninkové jednotky

|            |      |     |
|------------|------|-----|
| voda       | 74,2 | km  |
| suchá      | 6:00 | hod |
| regenerace | 3:00 | hod |

## Neděle 6.2.2022

| dopoledne | metry |       | odpoledne                              | metry |       |
|-----------|-------|-------|--|-------|-------|
|           |       |       | 800rozpl.                              | 800   | 16:30 |
|           |       |       | 10x100 (50Kcvrnk-50K/50Khyp.-50K) i15" | 1000  | 18:00 |
|           |       |       | 3x(50-100-200-100-50)PZ i10"           | 1500  | 01:30 |
|           |       | 0     | 4x100no (50K25P25M);4x100Kpac          |       |       |
|           |       | m     | dl.záb.;4x100no (50K25M25P)            | 1200  | 4700  |
|           |       |       | 200vypl.                               | 200   | m     |
|           |       | 12:00 | suchá:                                 |       |       |
|           |       | 13:00 |  |       |       |
|           |       | 1:00  |  |       | 0:00  |
|           |       |       | regenerace:                            |       |       |
|           |       |       |  |       | 0:00  |

## Pondělí 7.2.2022

| dopoledne                              | metry |       | odpoledne                             | metry |       |
|--|-------|-------|---------------------------------------|-------|-------|
| 600rozpl.;200Z/P                       | 800   | 08:00 | 800rozpl.                             | 800   | 15:00 |
| 8x200 (50K-50Z-25M-75P) i3:30;100vypl. | 1700  | 10:00 | 6x50pl (25p.v.25PpaMno);6x100Zpl      |       |       |
|  |       |       | i1:35;6x200K i3:05 (5,6 pac);100vypl. | 2200  | 17:00 |
| 400PZ tc;3x400K (so skluz/tc/so skluz) | 1600  | 02:00 | 6x50 (25p.v.25P);6x100P i1:50;6x200K  |       |       |
|  |       |       | i3' (5,6 pac);100vypl.                | 2200  | 02:00 |
| 10x50PpapacKnopl. st.1';100Pno         |       |       | 10x50no (K/25M+25K/Z)i1'              |       |       |
| záda;10x50P st. 1'                     | 1100  | 6200  |                                       | 500   | 6000  |
| 800K/Z spoj.;200vypl.                  | 1000  | m     | 300vypl.                              | 300   | m     |
| suchá /tělocvična/ :                   |       | 10:30 |                                       |       |       |
| kompenzační cvičení                    |       | 11:30 |                                       |       |       |
|  |       | 1:00  |                                       |       | 0:00  |
|  |       |       | regenerace:                           |       | 17:00 |
|  |       |       | whirpool, sauna                       |       | 17:30 |
|  |       |       |                                       |       | 0:30  |

## Úterý 8.2.2022

| dopoledne                          | metry |       | odpoledne                              | metry |       |
|------------------------------------|-------|-------|--|-------|-------|
| 400lib.;3x200PZ (tc,no,so)         | 1000  | 08:00 | 800rozpl. (200lib200PZtc200lib200PZso) | 800   | 15:00 |
| 12x50PZ (25no25tc)i10";8x150       |       |       | 8x100(25scull50tc25so)K/lib i10";8x50  |       |       |
| (100PZ50Hz)i15";200(scull/zn.s.)   | 2000  | 10:00 | (25vl25K/M) i1';100vypl.               | 1300  | 17:00 |
| 2x(4x100so+200no+4x50pa)K/lib      |       |       | TEST: 10x(100HZno+100lib)i5';100vypl.  |       |       |
| i1:40/4'/1';400pl (50PpaMno/50Mtc) | 2000  | 02:00 |  | 2100  | 02:00 |

|                              |      |             |                            |     |             |
|------------------------------|------|-------------|----------------------------|-----|-------------|
| 800Kplšn vlak tempo;200vypl. | 1000 | <b>6000</b> | 2x400Kpac (100so/100dl.z.) | 800 | <b>5500</b> |
|                              |      | <b>m</b>    | 6x50 (25uw25lib);200vypl.  | 500 | <b>m</b>    |
| suchá /tělocvična/ :         |      | 10:30       |                            |     |             |
| kompensační cvičení          |      | 11:30       |                            |     |             |
|                              |      | 1:00        |                            |     | 0:00        |
|                              |      |             | regenerace:                |     | 17:00       |
|                              |      |             | whirpool, sauna            |     | 17:30       |
|                              |      |             |                            |     | 0:30        |

### Středa 9.2.2022

| dopoledne  |      | metry       |  | odpoledne |             | metry |       |
|--|------|-------------|--|-----------|-------------|-------|-------|
| 800rozpl.(200lib200tc200lib200no)                      | 800  | 08:00       | 400lib;4x100PZ (tc,so,tc,so);200PZno                     | 1000      | 15:00       |       |       |
| 900PZ(100so200no300tc200no100so)i10"                   | 900  | 10:00       | 12x50(L:15so35tcK;S:25so25tcM,Z,P)i1';100<br>vypl.       | 700       | 17:00       |       |       |
| 16x50 (M/Z;Z/P;P/K;K/M)4xso4xpa<br>i55";100vypl.       | 900  | 02:00       | <b>TEST:2x(800-400-200-100 vše K)</b><br>i13'/6:30/3:15  | 3000      | 02:00       |       |       |
| 8x100pl (25M hyp350Z/K<br>25Hz)i1:40;100vypl.          | 900  | <b>6200</b> | mezi 100vypl.;200scull/Mdob b.s.;600MZpl<br>(100tc100no) | 900       | <b>6100</b> |       |       |
| 6x400K (stup.po 100) 3xso 3xplpac<br>i6:15/6';300vypl. | 2700 | <b>m</b>    | 100vypl.;400K/Z pl vytřepat                              | 500       | <b>m</b>    |       |       |
| suchá /tělocvična/ :                                   |      | 10:30       |  |           |             |       |       |
| kompensační cvičení                                    |      | 11:30       |  |           |             |       |       |
|  |      | 1:00        |  |           |             |       | 0:00  |
| regenerace:  |      |             | regenerace:  |           |             |       | 17:00 |
|  |      |             | whirpool, sauna  |           |             |       | 17:30 |
|  |      | 0:00        |  |           |             |       | 0:30  |

### Čtvrtek 10.2.2022

| dopoledne   |      | metry       |                 | odpoledne |  | metry |          |
|---|------|-------------|-----------------|-----------|--|-------|----------|
| 400rozpl;3x200PZ (tc,no,so)   | 1000 | 08:00       | <b>VOLNO</b>    |           |  |       |          |
| 400(50K/Z);2x100PZno;400(50K/P);2x100PZ<br>pa i15"                    | 1200 | 10:00       |                 |           |  |       |          |
| 8x100Mpl (25vl25so25tc25so);100vypl                                   | 900  | 02:00       |                 |           |  |       | 00:00    |
| 40x50-<br>16x(3K+1HZ)i50";12x(2K+2HZ)i55";8x(1K+3<br>HZ)i1';4HZ i1:05 | 2000 | <b>5800</b> |                 |           |  |       | <b>0</b> |
| 100vypl;400K/Z pl dl.z.;200vypl.                                      | 700  | <b>m</b>    |                 |           |  |       | <b>m</b> |
| suchá /tělocvična/ :  |      | 10:30       |                 |           |  |       |          |
| kompensační cvičení   |      | 11:30       |                 |           |  |       |          |
|   |      | 1:00        |                 |           |  |       | 0:00     |
| regenerace:   |      |             | regenerace:     |           |  |       | 17:00    |
|   |      |             | whirpool, sauna |           |  |       | 18:00    |
|   |      | 0:00        |                 |           |  |       | 1:00     |

### Pátek 11.2.2022

| dopoledne   |      | metry |   | odpoledne |       | metry |  |
|---|------|-------|---|-----------|-------|-------|--|
| 400lib;400K/Z(50zc/50so)                                    | 800  | 08:00 | 200lib;400PZtc;200PZno  | 800       | 15:00 |       |  |
| 8x100PZ/HZ i2:15;8x50pl<br>(15M35Ztc/15P35Ktc)              | 1200 | 10:00 | 12x50(L:25vl25K;S:25PZno25PZso) i1';6x150<br>(100K50HZ) i2:30;200vypl | 1700      | 17:00 |       |  |
| 2x(4x100so i1:35+200tc+8x50papac i55"-<br>1'+100zn.s.)K/lib | 2200 | 02:00 | <b>TEST: 5x200PZ i5';200vypl</b>                                      | 1200      | 02:00 |       |  |

|  |             |                         |  |             |                         |
|--|-------------|-------------------------|--|-------------|-------------------------|
| 600Kpl (hyp3,5,7);4x50so stup;<br>400(Ptc/Mdob;K/Z smf)<br>200vypl | 1200<br>200 | <b>5600</b><br><b>m</b> | 600pl (50vl100Ktc50vl100Ztc);<br>2x(2x100so+200no+200so)K/lib<br>200vypl | 1800<br>200 | <b>5700</b><br><b>m</b> |
| suchá /tělocvična/ :   |             | 10:30                   |  |             |                         |
| kompenzační cvičení  |             | 11:30                   |  |             |                         |
|  |             | 1:00                    |  |             | 0:00                    |
| regenerace:  |             |                         | regenerace:  |             | 17:00                   |
|  |             |                         | whirpool, sauna  |             | 17:30                   |
|  |             | 0:00                    |  |             | 0:30                    |

### Sobota 12.2.2022

| dopoledne   | metry |             | odpoledne   | metry |             |
|---|-------|-------------|---|-------|-------------|
| 400lib;5x100PZ (tc,no,so,no,tc)   | 900   | 07:00       | 400rozpl;400K/Z (50tc/50so);12x50no<br>HZ/IV. i10"                    | 1400  | 13:00       |
| 12x50(L:25vl25K<br>S:25PZno25PZ)i10";6x100noK/HZ<br>(50/50;75/25;100) i2:15 | 1200  | 09:00       | 8x100pl (vlnění 9-12kopů);200K<br>techn;6x100K start (výjezd 15m)     | 1600  | 15:00       |
| 4x100PZ+2x200PZ<br>(25so/25tc)+400PZ(50tech50stup)                          | 1200  | 02:00       | 300P (obr;výjezdy 2záb.);8x100 Z/P (Z start-<br>crossover) i10"       | 1100  | 02:00       |
| 100vypl;200scull;2x(10x100 temp)K/Kpl<br>i1:30/1:25                         | 2300  | <b>6000</b> | 4x100 (50Z start-výjezd 15m-crossover/50K<br>techn);8x50pl M/K výjezd | 800   | <b>5100</b> |
| 200zn.s.;200lib   | 400   | <b>m</b>    | 200vypl.  | 200   | <b>m</b>    |
|   |       |             | suchá:  |       |             |
|   |       |             | vycházka Plzeň  |       |             |
|   |       | 0:00        |   |       | 0:00        |
| regenerace:   |       |             |   |       |             |
|   |       | 0:00        |   |       | 0:00        |

### Neděle 13.2.2022

| dopoledne   | metry |             | odpoledne | metry |          |
|---|-------|-------------|-----------|-------|----------|
| 200lib;600PZ<br>(50M100Z50P100K)tc/so;12x50 (L:Pzno b.d.      | 1400  | 07:00       |           |       |          |
| 3x300K i4:45 (progr1-3);100vypl.;400pl<br>(PpaMno/Ktc-Zskluz) | 1400  | 08:45       |           |       |          |
| 3x200K i3:30 (progr1-3);100vypl.;400pl<br>(Mno/PpaKno-Mdob)   | 1100  | 01:45       |           |       | 00:00    |
| 3x100K i1:45 (progr1-3);100vypl.;400pl<br>(Zno/Ktechn-Ztechn) | 800   | <b>5300</b> |           |       | <b>0</b> |
| 400no Hz/lib;200vypl  | 600   | <b>m</b>    |           |       | <b>m</b> |
|   |       |             |           |       |          |
|   |       | 0:00        |           |       | 0:00     |
|   |       |             |           |       |          |
|   |       | 0:00        |           |       | 0:00     |