

VT Pardubice skup.Verner			
Pon	7.3	rozjezd, aerob, K,HZ,PZ	800R 200PZN 200PZ 500K <u>5x100</u> 3x 200HZN 1-3progres 400K <u>4x100</u> 3x100HZN 1-3progres 300K 3x100 1-3 Pos 4x 50N 1+1 <u>4x 50</u> 2x 50N 2x50PAC max
	10,4		5,0 5,4
Út	8.3	2K2N2K2P2ZK 8x100 50 TC/50 norm 6x25D/75K 8x100 PAC 50 počítat/50 norm 6x25 HS/75 k dopl 8x100N s 2:40 K:4pl4n 6x25 skok +200doplav	800R 2x 25+25~ 100~ 4x (15/35 + 50 + 50) 60" 60" 1:40 8x50 @OR+6 200~ 60" 4x (25/25 +50 + 50) 60" 60" 1:40 8x50 @OR+6 200~ 55" 4x (35/15 +50 +50) 60" 60" 1:40 8x50 @OR+6 200~ 50" 8x 100PacPI 1:30-40 100~
	11,3		5,8 5,5
St	9.3	relax trenink	Pos Rychlost - pokud mozno po posilovne zatezove pomucky
	5,5		2,0 3,5
Čt	10.3	400K 300Z 200P 100D 4x 200Pa 4x50N 12x50 TC 4x150Pa 4x50N 12x50pocet zaberu 4x100Pa 4x50N 12x50vinZ P:/PNz	1000R 18x 50 2+1 50" 60" 4x 100lehce50N 12x 50 1+1 50" 70" 4x 100lehce50N 9x50 1:30 1+1+2+1+3+1 3x 35 1x50PB100 1:30/20/10
	10,9	6x100PACPlskluz	5,8 5,1
Pá	11.3	1000R 10x 15N10souhra +25doplav 100~ 3x (6x25N25s 6x50N50s 3x 100s +200~) vše 1-3progres 1.serie PACPI 2.Pac 3.PI P: velkePAC,malePAC,bez	relax trenink
	7,8		5,8 2,0
So	12.3		
Ne	13.3	ČP HK: Mos,Vob, Jor , Bart jen odpo, Urb?	
	13.3	jinak So zav tempo	
	45,9		0,0