

## VT Plzeň starší junioři / skupina Luhový / 31.1.-7.2.2015

31.1.2015 - dopoledne

**14:00 sraz bazén Slovany**

**Skupina Luhový: Franta Tomáš, Kodýtek Petr, Moser Josef, Polcar Dominik, Šimáček Martin, Švéda Ondřej, Štulík Marek, Zach Ondřej**

31.1.2015 - odpoledne 15:00-17:30

600rz,  
6x150(50m,z,p+100k) á 15'',300hzcvc,  
6x200pz á 3'10'',300hzn,  
6x300k á 3'50''300hztech,  
18x50krš á 50'',300v

6600

6600

1.2.2015 - dopoledne 8:30-10:30

300rz,3x(3x100pz á 1'45''+300nlib),  
1500(500kr+500kh5+500kr),  
15x100(1-50m+50k,2-50z+50k) á 1'40'',  
1500(500kpa+500z+500kpa),  
600(25↓+75z/p)

7200

1.2.2015 - odpoledne 15:00-17:30

600rz,18x50pz á 55'',  
2x(300hzcvc+100nlib),  
**Test1 3000k**,300v,  
6x300(100z+100zn+100z)pl á 20'',  
2x(300hzcvc+100zs)

8200

15400

2.2.2015 - dopoledne 8:00-10:00

400rz,  
12x50(25m+25z) á 55'',200mn,  
12x50(25z+25p) á 1',200zn,  
12x50(25p+25k) á 55'',200pn,  
5x(2x200k á 2'45''+4x50k á 50''+100v),  
800z,zn pl

7100

2.2.2015 - odpoledne 14:30-17:00

600rz,  
12x100(2x100hzn,1x100pz) á 10'',600(25scš+75r),  
12x400 á 6', 5'55'', 5'50'', 5'45'', 5'40'', 5'35'', 5'30'' 5'25'', 5'20'', 5'15'', 5'10'',  
200v,  
600(25↓+75lib+100mnz)

7600

14700

## VT Plzeň starší junioři 31.1.-7.2.2015

3.2.2015 - dopoledne 8:00-10:00

400rz,400(100hzc+100hzn),  
16x50(1-25mn↓+25m,2-25mnz↓+25z)pl á 1'10'',  
4x100pz á 1'40''+2x200pz á 3'10''+400pz,4x100m á 1'45''+2x200k á 2'40''+400k,  
4x100pz á 1'40''+2x200pz á 3'10''+400pz,4x100z á 1'45''+2x200k á 2'40''+400k,  
400v

6800

3.2.2015 - odpoledne

*Volno*

0

6800

4.2.2015 - dopoledne 8:00-10:00

1000rz,  
300pzc,300pzc,300pzn,  
**Test2 8x200pz á 4'30''**,200v,  
24x100kpaš á 1'25'',200v

6300

4.2.2015 - odpoledne 15:00-17:30

600rz,  
8x150(50mn,zn,pn,kn+100pz) á 15'',  
1500k+100v+800k+100v+400k+100v+200k+100v+100k+100v+200k+100v+400k+  
100v+800k+100v+1500k,  
300v

8800

15100

5.2.2015 - dopoledne 8:00-10:00

400rz,16x50kh3,5,3,7 á 50'',  
800k á 11'+8x100(50m+50z) á 1'50'',600k á 8'30''+6x100(50z+50p) á 1'50'',  
400k á 6'+4x100(50p+50k) á 1'50'',200k á 3'+200pz,  
3x(200hzn+200hzc)

6400

5.2.2015 - odpoledne 14:30-17:00

600rz,10x50nlib á 1',  
1500(50z+150k)pa,  
30x100k(4+1,3+2,2+3) á 1'30'',100v,  
1500(100z+100k)pl,  
10x50z,p á 55'',100v

7800

14200

## VT Plzeň starší junioři 31.1.-7.2.2015

6.2.2015 - dopoledne 8:00-10:00

400k,300z,200p,100m,  
 800pzobr,8x100k á 1'20'',600pzobr,6x100k á 1'25'',  
 400pzobr,4x100k á 1'20'',200pzobr,2x100k á 1'15'',  
 8x50(25↓+25m/z) á 1'10'',  
 800(25k+75k)pl,  
 200v

6400

6.2.2015 - odpoledne 15:00-17:30

600rz,  
 12x100(2x(50hzcv+50hztech),1xhzn) á 15'',  
**Test3 8x100hz á 3'**,200v,  
 12x100(2xkpa,1xzpa) á 10'',  
 8x100(50hz+50lib)pl á 2',200v,  
 1400(25z+25k+50z+25k+75z+25k+100z+25k),200v

6600

13000

7.2.2015 - dopoledne 8:00-10:00

600rz,  
 12x50(25m+25z) á 55'',  
 12x200(1-200kh5,2-200k NS) á 3',200v,  
 6x400kpa á 5'30'',200v,  
 12x50(25p+25k) á 55'',  
 200v

7200

7.2.2015 - odpoledne

**12:00 ukončení VT**

celkem **93000m**

7200