

| Dan | Obsah | ZI | VI | RY | PR | OS | KP | | | | | | | | | | |
|--------|--------|---|------|------|-----|-----|------|------|-----|----|-----|----|-----|----|-----|----|------|
| Ne 23, | V | 300K + 100P + 300K + 100Z | 1 | 1 | 1 | 1 | 800 | | | | | | | | | | |
| | | 3x300Zn,Pn,Kn | 1 | 1 | 1 | 3 | 300 | 1 | | | | | | | | | |
| | | 3x600 P cv., Z cv., P cv. | 1 | 1 | 1 | 1 | 3 | 600 | | | | | | | | | |
| | | 3x500K (stup., tech., stup.) pl., packy, šnorchl | 1 | 1 | 1 | 1 | 3 | 500 | | | | | | | | | |
| | | 300vypł. | 1 | 1 | 1 | 1 | 1 | 300 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| TJ | Celkem | Č | 1,50 | CE | 5,3 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 0,9 | OS | 4,4 | KP | 1,00 |
| Po 24, | R | 400K + 300P + 200Z + 100M vln. | 1 | 1 | 1 | 1 | 1000 | | | | | | | | | | |
| | | 600p (150Kp + 50Pp + 150Zp + 50Pp + 150Kp + 50Pp) | 1 | 1 | 1 | 1 | 600 | 1 | | | | | | | | | |
| | | 2x200Hzn, 200vypł. | 1 | 1 | 1 | 2 | 200 | 1 | | | | | | | | | |
| | | 4x100Hzn, 100vypł. | 1 | 1 | 1 | 4 | 100 | 1 | | | | | | | | | |
| | | 8x50Hzn, 200vypł. | 1 | 1 | 1 | 8 | 50 | 1 | | | | | | | | | |
| | | 1000K (100tech. + 100cv.) | 1 | 1 | 1 | 1 | 1 | 1000 | | | | | | | | | |
| | | 2x200Hzn, 200vypł. | 1 | 1 | 1 | 2 | 200 | 1 | | | | | | | | | |
| | | 4x100Hzn, 100vypł. | 1 | 1 | 1 | 4 | 100 | 1 | | | | | | | | | |
| | | 8x50Hzn | 1 | 1 | 1 | 8 | 50 | 1 | | | | | | | | | |
| | | 400vypł. | 1 | 1 | 1 | 1 | 1 | 400 | | | | | | | | | |
| TJ | Celkem | Č | 2,00 | CE | 6,2 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 3,0 | OS | 3,2 | KP | 0,00 |
| Po 24, | V | 500K + 500 (50P + 50Pn na zádech) + 500K | 1 | 1 | 1 | 1 | 500 | 1 | | | | | | | | | |
| | | 600p (50Pp + 100Kp) | 1 | 1 | 1 | 1 | 600 | 1 | | | | | | | | | |
| | | 1000K, 200vypł. | 1 | 1000 | 1 | 1 | 1 | 300 | | | | | | | | | |
| | | 12x25Ppv, 100vypł. | 1 | 1 | 1 | 1 | 12 | 25 | | | | | | | | | |
| | | 1000K, 200vypł. | 1 | 1000 | 1 | 1 | 1 | 300 | | | | | | | | | |
| | | 12x25Pn pv, 100vypł. | 1 | 1 | 1 | 1 | 12 | 25 | | | | | | | | | |
| | | 1000K, 200vypł. | 1 | 1000 | 1 | 1 | 1 | 200 | | | | | | | | | |
| | | 12x25Ppv | 1 | 1 | 1 | 1 | 12 | 25 | | | | | | | | | |
| | | 800 (300vypł. + 200n lib. + 300vypł.) | 1 | 1 | 1 | 1 | 200 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 600 | | | | | | | | | |
| TJ | Celkem | Č | 2,50 | CE | 7,6 | ZI | 3,0 | VI | 0,0 | RY | 0,0 | PR | 1,3 | OS | 3,3 | KP | 1,00 |
| Út 25, | R | 300K + 100n lib. + 300Z + 100n lib. + 300K | 1 | 1 | 1 | 1 | 200 | 1 | | | | | | | | | |
| | | 5x 900 P,M,P,Z,P | 1 | 1 | 1 | 1 | 1 | 900 | | | | | | | | | |
| | | P (200tech + 100n + 4x75 stup. + 100vypł. + 50ostře + 150vypł.) | 1 | 1 | 50 | 1 | 100 | 1 | | | | | | | | | |
| | | M (200tech + 100n + 4x75 stup. + 100vypł. + 50ostře + 150vypł.) | 1 | 1 | 50 | 1 | 100 | 1 | | | | | | | | | |
| | | P (200tech + 100n + 4x75 stup. + 100vypł. + 50ostře + 150vypł.) | 1 | 1 | 50 | 1 | 100 | 1 | | | | | | | | | |
| | | Z (200tech + 100n + 4x75 stup. + 100vypł. + 50ostře + 150vypł.) | 1 | 1 | 50 | 1 | 100 | 1 | | | | | | | | | |
| | | P (200tech + 100n + 4x75 stup. + 100vypł. + 50ostře + 150vypł.) | 1 | 1 | 50 | 1 | 100 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| TJ | Celkem | Č | 2,00 | CE | 5,6 | ZI | 0,0 | VI | 0,3 | RY | 0,0 | PR | 0,7 | OS | 4,7 | KP | 1,00 |
| Út 25, | V | 600 (75K + 25M vln.) | 1 | 1 | 1 | 1 | 1 | 600 | | | | | | | | | |
| | | 300 (100Mn + 100Zn + 100Pn) | 1 | 1 | 1 | 1 | 300 | 1 | | | | | | | | | |
| | | 600 (75K + 25M vln.) | 1 | 1 | 1 | 1 | 1 | 600 | | | | | | | | | |
| | | 100x50 | 100 | 50 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | 2x (10x50P) 1:15 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | 2x (10x50P) 1:30 + 5 KLIKU | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | 2x (10x50P) 1:15 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | 2x (10x50Z) 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | 2x (10x50P) 1:30 + PLANK 20-30s | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | 600vypł. | 1 | 1 | 1 | 1 | 1 | 600 | | | | | | | | | |
| TJ | Celkem | Č | 2,50 | CE | 7,1 | ZI | 5,0 | VI | 0,0 | RY | 0,0 | PR | 0,3 | OS | 1,8 | KP | 1,00 |
| St 26, | V | 200K + 100Pp + 300K + 200Pp + 200K + 100Pp | 1 | 1 | 1 | 1 | 400 | 1 | | | | | | | | | |
| | | 3600 (50Mn + 200M cv + 100Zn + 300Z cv + 150Pn + 400P cv + 200Kn + 800K pl. + 200Kn + 400P cv + 150Pn + 300Z cv + 100Zn + 200M cv + 50Mn) | 1 | 1 | 1 | 1 | 1 | 3600 | | | | | | | | | |
| | | 4x300K stup. (packy + pl.) | 1 | 1 | 1 | 1 | 4 | 300 | | | | | | | | | |
| | | 400 komb. | 1 | 1 | 1 | 1 | 1 | 400 | | | | | | | | | |
| | | 300n lib. | 1 | 1 | 1 | 1 | 300 | 1 | | | | | | | | | |
| | | 400vypł. | 1 | 1 | 1 | 1 | 1 | 400 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| TJ | Celkem | Č | 2,00 | CE | 7,0 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 0,7 | OS | 6,3 | KP | 0,00 |
| Čt 27, | R | 1000lib. + 200n lib. | 1 | 1 | 1 | 1 | 200 | 1 | | | | | | | | | |
| | | 10x300 Z pl,P tech,P ,K tech,K (packy) | 1 | 1 | 1 | 1 | 10 | 300 | | | | | | | | | |
| | | 10x200 Pn, P, Pp | 1 | 1 | 1 | 6 | 200 | 4 | | | | | | | | | |
| | | 800vypł. | 1 | 1 | 1 | 1 | 1 | 800 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| TJ | Celkem | Č | 2,00 | CE | 7,0 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 1,4 | OS | 5,6 | KP | 0,00 |
| Čt 27, | V | 600 (50Z + 50P) | 1 | 1 | 1 | 1 | 1 | 600 | | | | | | | | | |
| | | 600p (50Zp + 50Pp + 100Kp) | 1 | 1 | 1 | 1 | 600 | 1 | | | | | | | | | |
| | | 600 (50P + 50K) | 1 | 1 | 1 | 1 | 1 | 600 | | | | | | | | | |
| | | 4x200 Mn,Kn, 6min, 500vypł. | 1 | 1 | 1 | 4 | 200 | 1 | | | | | | | | | |
| | | 8x100 Mn,Kn 3:30, 500vypł. | 1 | 1 | 1 | 8 | 100 | 1 | | | | | | | | | |
| | | 12x50Pn 2min | 1 | 1 | 1 | 12 | 50 | 1 | | | | | | | | | |
| | | 600vypł. | 1 | 1 | 1 | 1 | 1 | 600 | | | | | | | | | |
| | | STAFETA 5x50Ppv | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | 400vypł. | 1 | 1 | 1 | 1 | 1 | 400 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| TJ | Celkem | Č | 2,50 | CE | 6,0 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 2,8 | OS | 3,2 | KP | 1,00 |
| Pá 28, | R | 500 (50P + 50K + 25M) | 1 | 1 | 1 | 1 | 1 | 500 | | | | | | | | | |
| | | 12x25 (25Ppv + 25P dl tempo) | 1 | 1 | 1 | 1 | 12 | 25 | | | | | | | | | |
| | | 400K cv (packy + šnorchl) | 1 | 1 | 1 | 1 | 1 | 400 | | | | | | | | | |
| | | 4x50P stup., 100vypł. | 1 | 1 | 1 | 1 | 4 | 50 | | | | | | | | | |
| | | 4x100P 3min, 500vypł. | 1 | 4 | 100 | 1 | 1 | 600 | | | | | | | | | |
| | | 4x50P 1:30, 300vypł. | 1 | 1 | 1 | 4 | 50 | 1 | | | | | | | | | |
| | | 400K cv pl. | 1 | 1 | 1 | 1 | 1 | 500 | | | | | | | | | |
| | | 4x50pol. stup., 100vypł. | 1 | 1 | 1 | 1 | 4 | 50 | | | | | | | | | |
| | | 4x100pol. 3min, 500vypł. | 1 | 4 | 100 | 1 | 1 | 500 | | | | | | | | | |
| | | 4x50pol. 1:30, 300vypł. | 1 | 1 | 1 | 4 | 50 | 1 | | | | | | | | | |
| | 1 | 1 | 1 | 1 | 1 | 300 | | | | | | | | | | | |
| TJ | Celkem | Č | 2,00 | CE | 5,6 | ZI | 0,0 | VI | 0,8 | RY | 0,4 | PR | 0,0 | OS | 4,4 | KP | 1,00 |
| Pá 28, | V | 400K + 100Zn + 300K + 200Zn | 1 | 1 | 1 | 1 | 300 | 1 | | | | | | | | | |
| | | 12x25 (15Pn + 10P) | 1 | 1 | 1 | 1 | 12 | 25 | | | | | | | | | |
| | | 2900 (50Z vln. + 50M + 100K stup + 50Z vln + 50Z + 200PZn + 50Z vln + 50P + 400K tech cv. + 50Z vln. + 50K + 800K (pl. + šnorchl) + 50Z vln + 50P + 400K tech. cv + 50Z vln. + 50Z + 200PZn + 50Z vln. + 50M + 100K stup) | 1 | 1 | 1 | 1 | 1 | 2900 | | | | | | | | | |
| | | 12x50 (25Pn + 25P) | 1 | 1 | 1 | 1 | 12 | 50 | | | | | | | | | |
| | | 500 pl (100M vln + 100M cv + 50M vln + 50M + 100M vln + 100M cv) | 1 | 1 | 1 | 1 | 1 | 500 | | | | | | | | | |
| | | 3x500 Kp,K,Kp | 1 | 1 | 1 | 2 | 500 | 1 | | | | | | | | | |
| | | 1000 pl (100Kn + 100 cv) | 1 | 1 | 1 | 1 | 1 | 1000 | | | | | | | | | |
| | | 200vypł. | 1 | 1 | 1 | 1 | 1 | 200 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| | | | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | |
| TJ | Celkem | Č | 2,50 | CE | 8,0 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 1,3 | OS | 6,7 | KP | 1,00 |

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|---------------|---|----------------------------------|----|------|----|-----|----|-----|----|-----|----|-----|----|-----|----|------|----|------|
| Ne 30, | R | 600K | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | 3x300 (100n + 200cely) Z,P,Z | 1 | | | 1 | | | | 1 | | | 3 | 300 | | | | |
| | | 600K cv. | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | 10x100K pl. 1:30 | 10 | 100 | | 1 | | | | 1 | | | 1 | | | | | |
| | | 300vypł. | 1 | | | 1 | | | | 1 | | | 1 | 300 | | | | |
| | | 3x300 (100p + 200cely) P,Z,P | 1 | | | 1 | | | | 1 | | | 3 | 300 | | | | |
| | | 600K cv. | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | 10x100K pl. 1:20 | 10 | 100 | | 1 | | | | 1 | | | 1 | | | | | |
| | | 600vypł. | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| TJ | | Celkem | Č | 2,00 | CE | 6,5 | ZI | 2,0 | VI | 0,0 | RY | 0,0 | PR | 0,0 | OS | 4,5 | KP | 0,00 |
| Ne 30, | V | 400K + 300Z + 200P + 100M cv. | 1 | | | 1 | | | | | | 1 | | | 1 | 1000 | | |
| | | 10x150 (50M + 100P) | 10 | 150 | | 1 | | | | 1 | | | 1 | | | | | |
| | | 100vypł. | 1 | | | 1 | | | | 1 | | | 1 | 100 | | | | |
| | | 10x150 (50Pn tech + 50Mn + 50Pn) | 1 | | | 1 | | | | 10 | | 150 | 1 | | | | | |
| | | 200vypł. | 1 | | | 1 | | | | 1 | | | 1 | 200 | | 1 | | |
| | | 10x150 (75K + 25M + 25K + 25M) | 10 | 150 | | 1 | | | | 1 | | | 1 | | | | | |
| | | 600vypł. | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| 30min OBRATKY | 1 | | | 1 | | | | 1 | | | 1 | | | | | | | |
| | | | | | | 1 | | | | | 1 | | | | | | | |
| TJ | | Celkem | Č | 2,50 | CE | 6,4 | ZI | 3,0 | VI | 0,0 | RY | 0,0 | PR | 1,5 | OS | 1,9 | KP | 1,00 |

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|-------|---|---|---|------|----|-----|-----|-----|----|-----|----|-----|-----|-----|------|-----|----|------|
| Po 1, | R | 600 (75K + 25P) | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | 24x25Kn,Mn pl (po 4) 30s | 1 | | | 1 | | | | 24 | 25 | 1 | | | | | | |
| | | 200vypł. | 1 | | | 1 | | | | 1 | | | 1 | 200 | | | | |
| | | 600Kp (packy) | 1 | | | 1 | | | | 1 | | 600 | 1 | | | | | |
| | | 400 (50Pn na zádech + 50Zs) | 1 | | | 1 | | | | 1 | | | 1 | 400 | | 1 | | |
| | | 3x (4x50Pn) mezi 200vypł. | 1 | | | 1 | | | | 12 | 50 | 1 | | 600 | | | | |
| | | 600zp | 1 | | | 1 | | | | 1 | | 600 | 1 | | | | | |
| | | 24x25Kn,Mn pl (po 4) 30s | 1 | | | 1 | | | | 24 | 25 | 1 | | | | | | |
| | | 600vypł. | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| TJ | | Celkem | Č | 2,00 | CE | 5,4 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 3,0 | OS | 2,4 | KP | 1,00 |
| Po 1, | V | 500K + 100Mn + 300P + 100Zn | 1 | | | 1 | | | | | | 1 | 200 | | 800 | | | |
| | | 5x1000 | 1 | | | 1 | | | | | | 1 | | | | | | |
| | | 1. 400K (nádech) + 200Mn (snorch) + 100P + 50P + 250vypł. | 1 | | | 1 | | | | 1 | | 200 | 1 | | 800 | | | |
| | | 2. 400Z cv + 200Mn (snorch) + 100P + 50P + 250vypł. | 1 | | | 1 | | | | 1 | | 200 | 1 | | 800 | | | |
| | | 3. 400K (nádech) + 200Mn (snorch) + 100P + 50P + 250vypł. | 1 | | | 1 | | | | 1 | | 200 | 1 | | 800 | | | |
| | | 4. 400Z cv + 200Mn (snorch) + 100P + 50P + 250vypł. | 1 | | | 1 | | | | 1 | | 200 | 1 | | 800 | | | |
| | | 5. 400K (nádech) + 200Mn (snorch) + 100P + 50P + 250vypł. | 1 | | | 1 | | | | 1 | | 200 | 1 | | 800 | | | |
| | | 200vypł. | 1 | | | 1 | | | | 1 | | | 1 | 200 | | | | |
| | | | | | | 1 | | | | | 1 | | | | | | | |
| TJ | | Celkem | Č | 2,50 | CE | 6,2 | ZI | 0,0 | VI | 0,0 | RY | 0,0 | PR | 1,2 | OS | 5,0 | KP | 1,00 |
| Út 2, | R | 1500 lib. rozpl. | 1 | | | 1 | | | | | | 1 | | | 1500 | | | |
| | | 8x200Hz step-test | 4 | 200 | | 4 | 200 | | | 1 | | 1 | | | | | | |
| | | 600vypł. | 1 | | | 1 | | | | 1 | | | 1 | 600 | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| | | | | | | | | 1 | | | | | 1 | | | | | |
| TJ | | Celkem | Č | 1,50 | CE | 3,7 | ZI | 0,8 | VI | 0,8 | RY | 0,0 | PR | 0,0 | OS | 2,1 | KP | 0,00 |

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| Celkem | Č | 32,00 | CE | 93,6 | ZI | 13,8 | VI | 1,9 | RY | 0,4 | PR | 18,1 | OS | 59,5 | KP | 10,00 |
|---------------|----------|--------------|-----------|-------------|-----------|-------------|-----------|------------|-----------|------------|-----------|-------------|-----------|-------------|-----------|--------------|

Vysvětlivky:

- ZI- Základní intenzita
- VI- Vysoká intenzita
- RY- Rychlost
- PR- Prvky
- OS- Ostatní plavání
- KP- Kondiční příprava

Hodnocení:

Tréninková skupina se skládala z pěti plavců. Jmenovitě jde o Marka Součka, Vojtěcha Mařátka, Vojtěcha Janečka, Vojtěcha Netrha a Libora Krpálka. Vojtěchů jsem tam vážně neměla málo :)

Celá skupina pracovala výborně. Z hlediska chování, přístupu na trénink a komunikaci nebyly vůbec žádné problémy.

Kondiční přípravu jsme měli většinou oddělenou pro prsafe, převážně posilovací (vše vlastní vahou), dále prvky protahovací, relaxační a různé druhy míčových her.

Plavecká příprava se zvládla v plném rozsahu tak jak byla naplánována. Menší zdravotní problémy měl Vojta Mařátko (1 den nevolnost) a Vojta Janeček (lehce třísla).

Vojta Janeček se oproti minulému soustředění hodně zvednul převážně v nasazení v tréninku, odplaváních prsových sériích a prvkách. Velký posun předvedl i na suché přípravě

Vojta Mařátko měl premiéru ve step-testu, který zvládl odplavat prsama a i nasazení v tréninku bylo o hodně lepší než na minulém soustředění.

Libor Krpálek zvládl soustředění bez problémů, tréninkové nasazení a komunikace byla na výbornou. Velká pochvala i od paní fyzioložky za kondiční připravenost.

Vojta Netrh zvládl též soustředění bez problémů, velká pochvala za nasazení jak v plaveckém tréninku tak i na suché přípravě. Doporučuji pouze zlepšit tempo pod vodou.

Souček Marek předvedl výbornou práci z hlediska prsové techniky a prvkách. Výborná připravenost na suché přípravě.

Všichni kluci si sáhli na dno při sérii 100x50P, s kombinací kliků a planku to zažili poprvé. Ale jejich odhodlanost byla obdivuhodná, plavecký trénink se posunul na hranici 3hodin. Všichni prsafe to zvládli ve svém tempu do základní intenzity.

Za soustředění klukům moc děkuji a budu se těšit na případnou další spolupráci.

Landová Petra