

	motiv dne	dopoledne	odpoledne	poznámky
Po 30. 1.				
Út 31. 1.				
St 1. 2.				
Čt 2. 2.				
Pá 3. 2.				
So 4. 2.				
Ne 5. 2.		Příjezd do Nymburka	400lib 200Kn,200Kcv 16x50K,Kn,K,Z L- 45", S- 1' 200lib 1800 <u>KM 800K is 13"+400K is 6'+200K is 3'+100K součet</u> 200lib 3500 8x100Z,Zn,Z,K pl L- 1'30", S- 1'45" 200lib 4500 <u>KM 800K is 13'+400K is 6'+200K is 3'+100K součet</u> 200lib 6200 16x50P,Pn,P,lib is 1' 7000	

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Po 6. 2.		<p>400lib 2x100PZ i 10", 400PZn 1000</p> <p>600(200K+25M+150K+25M+100K+25M+50K+25M) 600KrG šn 600(200Z+25P+150Z+25P+100Z+25P+50Z+25P) 2800</p> <p>10x100M pl is 1'40"(1'45"), 100lib 10x100Z is 1'40"(1'45"), 100lib 10x100P is 1'50"(2), 100lib 10x100K is 1'30"(1'35"), 100lib 7200</p> <p>4x200 i 20"</p> <p>1. 150Z+50Pcv 2. 50Zcv+150P</p> <p>8000</p>	<p>600(200K+100PZ+200Z+100PZ) 4x150(100HZcv+50HZn) i 10" 8x50scull pl šn i 10" 4x150(100HZ technika+50HZn stup) i 10" 2200</p> <p>2x400K is 6'+7x100HZ souhra is 2' 2x300K is 4'30"+5x100HZ 85% is 2' 2x200K is 3'+3x100HZ 90% is 2' 2x100K is 1'30"+100HZ start max 5800</p> <p>600lib pomůcky 6400</p>	
Út 7. 2.		<p>500lib 800(200Khypox5+100PZ+200Kr+100PZ+200Khypox5) 5x100n lib is 2' 1800</p> <p>5x500K is 6'30"(7") 200lib</p> <p>10x200K 1-4 is 2'30"(2'45") 5-8 is 2'40"(3") 9 Max is 3'(3'15") 10 lehce 200lib</p> <p>15x100 vše pl is 1'45" 1-10 Zn/Kn 11-15 M vlnění 200lib 8400</p>	<p>8x25K,PZ obráceně i 5'' 8x50K,PZ obráceně i 10'' 8x75K,PZ bez K is 15'' 8x100(25PZ svižně+75K technika) is 2' 200lib 2200</p> <p>KM 8x200Kn is 6' 200lib 4000</p> <p>8x100K vše pl / +5"</p> <p>1. 100K is 1'20" 2. 100Z is 1'30"</p> <p>200lib 5000</p>	
St 8. 2.		<p>400lib 6x100KKD3-4-3-2 is 1'45" 1000</p> <p>6x1000</p> <p>1. KR/S šn po 200m i 10" 2. 20x50Zpl vln. po obr. I i 10" 3. 10x100 L, K, S. ne K, is 1'30"/1'50" 4. 1000Kpa šn 5. 2x500(300PZ 50cv+25sou, 200HZn) i 10" 6. 20x50lib i 10"</p> <p>7000</p>	<p>600(100lib+50PZcv obr) 600</p> <p>400K délka záběru is 6' 4x25pa sprint is 1' 400Kr is 6' 4x25r sprint is 1' 400(50Z+50K) is 6'30" 4x25M sprint is 1' 400Kpapl is 5'45" 4x25papl sprint is 1' 4x200(50Z+50K) is 3'15" 4x25Mn uw sprint is 1'15" 3500</p> <p>6x25HZ Max is 1'30" 3650</p> <p>Obrátky HZ!!!</p> <p>550lib pomůcky 4200</p>	
Čt 9. 2.		<p>900(Z,P,K po 50,100,150) 12x50PZn po1, po2 is 1' 12x50PZ po1, po2 is 55" 6x100(25Mn uw Max do100lib) pl i 20" 2700</p> <p>20x50K 1+1 ostře is 50" 2x700Z (50n+50sou+100n+100sou+200n+200sou) i 30" 10x100K šn (75sou+25n streamline) is 1'45" 2x700P (50n+50sou+100n+100sou+200n+200sou) i 30" 7500</p> <p>3x200(50mcv+50M vlnění rotace) pl i 20" 8100</p> <p>200lib 8300</p>	<p>500lib 10x100Kpa hypox3,5 is 1'40" 10x50K (5.a10. ostře) is 45" 2000</p> <p>3x(5x100K is 1'20"(1'25") po1'+4x50HZn Max is 1') 4100</p> <p>800(200Zcv+200Zn+400Pn) 4900</p> <p>2x(5x100HZn Max is 2' po1'+4x50K is 40"(45")) 6300</p> <p>200lib 6500</p>	
Pá 10. 2.		<p>400lib, 200n lib 10x100</p> <p>1. 100K is 1'30" 2. 100PZ is 1'40"</p> <p>400K (50scull+50cv) šn 20x50K hypox3,5,7,9, každá5 znak is 50" 3000</p> <p>KM 5x800K is 12' 7000</p> <p>600(50Z+50K) pl 7600</p>	<p>300lib, 3x100PZ i 10" 4x250(50HZn sest+200HZ souhra) is 4'30" 1600</p> <p>4x(100PZ Max is 2'+50HZ Max+50lib) 2400</p> <p>8x200(100n po PZ+100PZ) i 20" 4000</p> <p>4x(100PZ+50HZ Max+50lib) 4800</p> <p>8x200(100PZcv+100K) i 20" 6400</p>	
So 11. 2.		<p>400(200K+100PZ+100Z) 8x75(25scull+25PZ svižně+25lib) i 20" 1000</p> <p>4x400K is 5'20"(5'40"), 200Z 3x400K NS is 5'40"(6), 200(100Z+100Z soupaž) 2x400K Max is 6'(6'20"), 200Z soupaž 5200</p> <p>200lib 5400</p>	<p>Konec soustředění</p>	
Ne 12. 2.				