

Week: 29

Tijdstip: 08.00-09.45

Datum: 17-jul

Accent: Mixed


Dag: Maandag

Bijzonderheden:



|       | Opdracht                          | Int.      | Start/rust    | Materiaal/aandachtspunt | Subtotaal |
|-------|-----------------------------------|-----------|---------------|-------------------------|-----------|
| Inz   | 800 keus                          | <b>Z1</b> |               |                         | 800       |
| K1    | 12 x 25 bc a                      | <b>Z2</b> | st. 30"       | <b>Snorkel Elastiek</b> | 300       |
|       | 3 x 100 bc a                      | <b>Z2</b> | st. 1.30-1.40 | <b>Snorkel</b>          | 300       |
|       | 3 x 100 bc a                      | <b>Z3</b> | st. 1.30-1.40 | <b>Snorkel</b>          | 300       |
|       | 6 x 200 bc                        | <b>Z1</b> | st. 2.55-3.20 | <b>Paddles</b>          | 1200      |
|       | 12 x 25 bc a                      | <b>Z2</b> | st. 30"       | <b>Elastiek</b>         | 300       |
|       | 6 x 50 bc a                       | <b>Z2</b> | st. 45"-50"   |                         | 300       |
|       | 6 x 50 bc a                       | <b>Z3</b> | st. 45"-50"   |                         | 300       |
| Uit   | 200 hs/a keus- 100 b              | <b>Z1</b> |               |                         | 300       |
| Extra | Voor individuele atleten beenset! |           |               |                         |           |

| Totaal |       | 4100 |
|--------|-------|------|
| Z1     | 56,1% | 2300 |
| Z2     | 29,3% | 1200 |
| Z3     | 14,6% | 600  |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 0,0%  | 0    |
| Z7     | 0,0%  | 0    |

| Week: 29      |                                        | Tijdstip: 08.00-09.45                                     |            |  |                                |     |
|---------------|----------------------------------------|-----------------------------------------------------------|------------|-------------------------------------------------------------------------------------|--------------------------------|-----|
| Datum: 18-jul |                                        | Accent: Duur                                              |            |                                                                                     |                                |     |
| Dag: Dinsdag  |                                        | Bijzonderheden: <b>Atleten Tiszy/Munster totaal 4050m</b> |            |                                                                                     |                                |     |
|               | Opdracht                               | Int.                                                      | Start/rust | Materiaal/aandachtspunt                                                             | Subtotaal                      |     |
| Inz           | 500 SPIKS                              | <b>Z1</b>                                                 |            |                                                                                     | 500                            |     |
| K1            | 4 x 300 bc a                           | <b>Z1</b>                                                 | r. 30"     | <b>Paddles</b>                                                                      | 1200                           |     |
|               | 6 x 150 bc                             | <b>Z1</b>                                                 | r. 20"     |                                                                                     | 900                            |     |
|               | 8 x 75 bc a                            | <b>Z1</b>                                                 | r. 10"     |                                                                                     | 600                            |     |
|               | 2 x 25 bc max hold                     | <b>Z6</b>                                                 | st. 45"    |                                                                                     | <i>met start vanaf de kant</i> | 50  |
|               | 2 x 25 bc max                          | <b>Z7</b>                                                 | st. 60"    |                                                                                     | <i>met start vanaf de kant</i> | 50  |
|               | 2 x 300 bc a                           | <b>Z1</b>                                                 | r. 30"     |                                                                                     | 600                            |     |
|               | 4 x 150 bc                             | <b>Z1</b>                                                 | r. 20"     |                                                                                     | <b>Paddles</b>                 | 600 |
|               | 6 x 75 bc a                            | <b>Z1</b>                                                 | r. 10"     |                                                                                     | 450                            |     |
| Uit           | 3 x 50 (25 hs keus- 25 coördinatieoef) | <b>Z1</b>                                                 |            | <i>met start vanaf de kant</i>                                                      | 150                            |     |
|               |                                        |                                                           |            | <i>Atleten WC Tiszy/BL Munster na 2 x 300 uitzwemmen</i>                            |                                |     |
|               |                                        |                                                           |            | <i>Totaal = 4050m</i>                                                               |                                |     |

| Totaal |       | 5100 |
|--------|-------|------|
| Z1     | 98,0% | 5000 |
| Z2     | 0,0%  | 0    |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 1,0%  | 50   |
| Z7     | 1,0%  | 50   |

Week: 29

Tijdstip: 08.00-09.45

Datum: 19-jul

Accent: Duur/techniek - wedstrijdvoorbereiding

Dag: Woensdag

Bijzonderheden:



|                                              | Odracht                                                                        | Int.      | Start/rust    | Materiaal/aandachtspunt                                            | Subtotaal |     |
|----------------------------------------------|--------------------------------------------------------------------------------|-----------|---------------|--------------------------------------------------------------------|-----------|-----|
| Inz                                          | 200 hs keus- 200 (25 b keus zonder plank- 25 dolfijnen)- 200 ws- 200 bc a      | <b>Z1</b> |               |                                                                    | 800       | 800 |
| K1                                           | <b>Atleten WC Tiszy / BL Munster</b><br>4 x 50 (25 bc max hold- 25 hs keus Z1) | <b>Z6</b> | st. 1.30      | <i>met start vanaf de kant</i>                                     | 200       |     |
|                                              | 200 bc a                                                                       | <b>Z1</b> |               |                                                                    | 200       |     |
|                                              | 3 x 100 bc                                                                     | <b>Z2</b> | st. 1.30-1.40 |                                                                    | 300       |     |
|                                              | 3 x 100 bc                                                                     | <b>Z3</b> | st. 1.30-1.40 |                                                                    | 300       |     |
|                                              | 200 bc a                                                                       | <b>Z1</b> |               |                                                                    | 200       |     |
|                                              | 6 x 50 bc                                                                      | <b>Z4</b> | st. 45"-50"   |                                                                    | 300       |     |
|                                              | <b>Overige atleten</b><br><b>2 Sets</b>                                        |           |               |                                                                    |           |     |
|                                              | 2 x 100 (25 bc li arm- 25 bc re arm- 50 bc)                                    | <b>Z1</b> | r. 10"        | <b>Paddles</b> hoge elleboog plaatsen                              |           | 400 |
|                                              | 2 x 50 (25 bc bijleggen achter- 25 bc)                                         | <b>Z1</b> | r. 5"         | <b>Snorkel Paddles</b> hoge elleboog plaatsen                      |           | 200 |
|                                              | 2 x 200 bc a                                                                   | <b>Z1</b> | r. 10"        | <b>Snorkel</b> hoge elleboog toepassen                             |           | 800 |
|                                              | 2 x 100 (25 bc a- 25 bc- 25 bc a- 25 bc)                                       | <b>Z1</b> | r. 10"        | <b>Snelle catch- bc a = zonder plank maar benen laten "hangen"</b> |           | 400 |
|                                              | 2 x 50 (25 waterpolo bc- 25 bc)                                                | <b>Z1</b> | r. 5"         | <b>Snelle catch</b>                                                |           | 200 |
|                                              | 2 x 200 bc                                                                     | <b>Z1</b> | r. 10"        |                                                                    |           | 800 |
| Uit                                          | 200 keus                                                                       | <b>Z1</b> |               |                                                                    | 200       | 200 |
| Extra                                        | Voor individuele atleten beenset!                                              |           |               |                                                                    |           |     |
| <b>Atleten WC Tiszy / BL Munster = 2500m</b> |                                                                                |           |               |                                                                    |           |     |

| Totaal |        | 3800 |
|--------|--------|------|
| Z1     | 100,0% | 3800 |
| Z2     | 0,0%   | 0    |
| Z3     | 0,0%   | 0    |
| Z4     | 0,0%   | 0    |
| Z5     | 0,0%   | 0    |
| Z6     | 0,0%   | 0    |
| Z7     | 0,0%   | 0    |

Week: 29

Tijdstip: 08.00-09.45

Datum: 20-jul

Accent: Mixed/fysiek contact

Dag: Donderdag

Bijzonderheden: **Wetsuit buitenbad (40 meter)**

|     | Opdracht                                                                   | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|----------------------------------------------------------------------------|------|------------|-------------------------|-----------|
| Inz | 800 (2 banen bc- 1 baan rc- 1 baan bc- 1 baan dolfijnen)                   | Z1   |            | <b>Wetsuit</b> 20 banen | 800       |
| K1  | 400 (10 banen) als volgt:<br>(20 bc max hold- 80 Z1)                       | Z6   |            | <b>Wetsuit</b>          | 80        |
|     |                                                                            | Z1   |            | <b>Wetsuit</b>          | 320       |
|     | 3 ronden linksom (360m) - 1 x diagonaal (40m) - 2,5 ronden rechtsom (300m) | Z1   |            | <b>Wetsuit</b>          | 700       |
|     | 4 x 200 bc (5 banen) opbouwend                                             | Z1   | r. 20"     | <b>Wetsuit Paddles</b>  | 200       |
|     |                                                                            | Z2   |            | <b>Wetsuit Paddles</b>  | 200       |
|     |                                                                            | Z3   |            | <b>Wetsuit Paddles</b>  | 200       |
|     |                                                                            | Z4   |            | <b>Wetsuit Paddles</b>  | 200       |
|     | 3 ronden rechtsom (360m) - 1 x diagonaal (40m) - 2,5 ronden linksom (300m) | Z1   |            | <b>Wetsuit</b>          | 700       |
|     | 400 (10 banen) als volgt:<br>(20 bc max hold- 80 Z1)                       | Z6   |            | <b>Wetsuit</b>          | 80        |
|     |                                                                            | Z1   |            | <b>Wetsuit</b>          | 320       |
|     | 4 x 200 bc (5 banen) opbouwend                                             | Z1   | r. 20"     | <b>Wetsuit</b>          | 200       |
|     |                                                                            | Z2   |            | <b>Wetsuit</b>          | 200       |
|     |                                                                            | Z3   |            | <b>Wetsuit</b>          | 200       |
|     |                                                                            | Z4   |            | <b>Wetsuit</b>          | 200       |
| Uit | 200 keus                                                                   | Z1   |            |                         | 200       |

| Totaal |       | 4800 |
|--------|-------|------|
| Z1     | 71,7% | 3440 |
| Z2     | 8,3%  | 400  |
| Z3     | 8,3%  | 400  |
| Z4     | 8,3%  | 400  |
| Z5     | 0,0%  | 0    |
| Z6     | 3,3%  | 160  |
| Z7     | 0,0%  | 0    |

Week: 29

Tijdstip: 08.00-09.45

Datum: 21-jul

Accent: Duur

Dag: Vrijdag

Bijzonderheden:



|       | Opdracht                                       | Int. | Start/rust | Materiaal/aandachtspunt        | Subtotaal |
|-------|------------------------------------------------|------|------------|--------------------------------|-----------|
| Inz   | 500 SPIKS- 4 x 50 (25 'eigen' oefening- 25 bc) | Z1   | r. 5"      |                                | 700       |
| K1    | 500 bc                                         | Z1   | r. 30"     | <b>Paddles</b>                 | 500       |
|       | 1000 bc a                                      | Z1   | r. 60"     |                                | 1000      |
|       | 1500 bc                                        | Z1   | r. 60"     | <b>Snorkel</b>                 | 1500      |
|       | 1000 bc a                                      | Z1   | r. 60"     |                                | 1000      |
|       | 500 bc                                         | Z1   |            | <b>Paddles</b>                 | 500       |
|       | 4 x 50 (20 bc max- 30 hs keus Z1)              | Z7   | st. 1.30   | <i>met start vanaf de kant</i> | 80        |
|       |                                                | Z1   |            |                                | 120       |
| Uit   | 100 keus                                       | Z1   |            |                                | 100       |
| Extra | Voor individuele atleten beenset!              |      |            |                                |           |

| Totaal |       | 5500 |
|--------|-------|------|
| Z1     | 98,5% | 5420 |
| Z2     | 0,0%  | 0    |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 0,0%  | 0    |
| Z7     | 1,5%  | 80   |

Week: 29

Tijdstip:

Datum: 22-jul

Accent:

Dag: Zaterdag

Bijzonderheden: **Geen training**

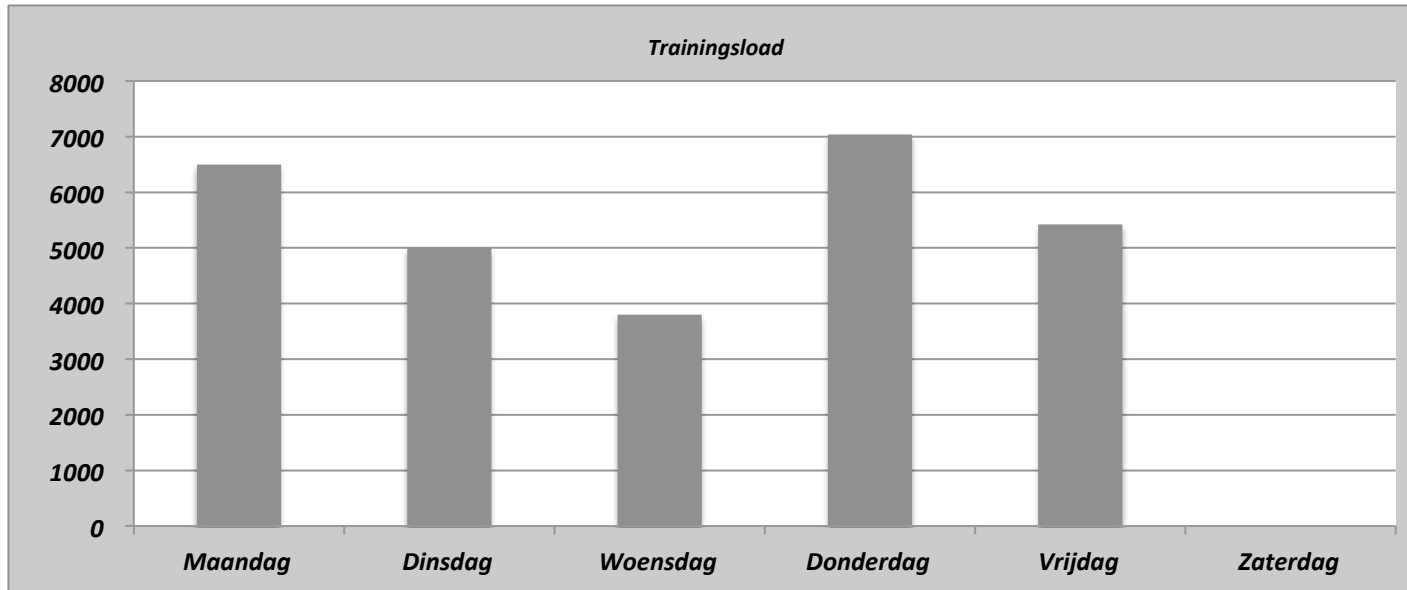


|  | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|--|----------|------|------------|-------------------------|-----------|
|  |          |      |            |                         |           |

| Totaal |       |  | 0 |
|--------|-------|--|---|
| Z1     | ##### |  | 0 |
| Z2     | ##### |  | 0 |
| Z3     | ##### |  | 0 |
| Z4     | ##### |  | 0 |
| Z5     | ##### |  | 0 |
| Z6     | ##### |  | 0 |
| Z7     | ##### |  | 0 |

# Overzicht

week: 29



| Totaal meters |       | 23300 |
|---------------|-------|-------|
| Z1            | 85,7% | 19960 |
| Z2            | 6,9%  | 1600  |
| Z3            | 4,3%  | 1000  |
| Z4            | 1,7%  | 400   |
| Z5            | 0,0%  | 0     |
| Z6            | 0,9%  | 210   |
| Z7            | 0,6%  | 130   |

| % van totale omvang   meters |       |      |
|------------------------------|-------|------|
| Wetsuit                      | 19,7% | 4600 |
| Paddles                      | 21,9% | 5100 |
| Elastiek                     | 2,6%  | 600  |
| Octopus                      | 0,0%  | 0    |

