

Week: 51

Tijdstip: 07.00 - 08.45

Datum: 18-dec

Accent: Mixed

Dag: Maandag

Bijzonderheden:



|     | Opdracht   | Int.      | Start/rust    | Materiaal/aandachtspunt    | Subtotaal |
|-----|--|-----------|---------------|----------------------------|-----------|
| Inz | 200 hs- 100 bc b fartlek- 100 ws- 200 bc a- 100 bc fartlek | <b>Z1</b> | r. 5"         |                            | 600       |
|     |  | <b>Z6</b> |               |                            | 100       |
| K1  | <b>2 Sets</b>  |           |               |                            |           |
|     | 4 x 50 bc a  | <b>Z2</b> | st. 50"-60"   | <b>Elastiek</b>            | 400       |
|     | 4 x 25 vl  | <b>Z1</b> | st. 30"       |                            | 200       |
|     | 4 x 50 bc a  | <b>Z3</b> | st. 50"-60"   | <b>Elastiek</b>            | 400       |
|     | 400 bc   | <b>Z2</b> | r. 30"        | <b>Paddles</b>             | 800       |
|     | 8 x 100 bc a   | <b>Z1</b> | st. 1.30-1.40 | <b>Snorkel</b>             | 1600      |
| K2  | <b>2 Sets</b>  |           |               |                            |           |
|     | 2 x 50 (25 Z1- 25 max)                                     | <b>Z1</b> | st. 1.15      | <b>Sprintkoord (speed)</b> | 100       |
|     |  | <b>Z7</b> |               |                            | 100       |
|     | 2 x 50 (25 max- 25 Z1)                                     | <b>Z7</b> | st. 1.15      | <b>Propeller</b>           | 100       |
|     |  | <b>Z1</b> |               |                            | 100       |
|     | 200 hs/a keus  | <b>Z1</b> |               |                            | 400       |
| Uit | 100 bc b   | <b>Z1</b> |               |                            | 100       |

| Totaal |       | 5000 |
|--------|-------|------|
| Z1     | 62,0% | 3100 |
| Z2     | 24,0% | 1200 |
| Z3     | 8,0%  | 400  |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 2,0%  | 100  |
| Z7     | 4,0%  | 200  |

Week: 51

Tijdstip: 07.00 - 08.45

Datum: 19-dec

Accent: Duur

Dag: Dinsdag

Bijzonderheden:



|     | Opdracht  | Int.      | Start/rust    | Materiaal/aandachtspunt                | Subtotaal |
|-----|---|-----------|---------------|--|-----------|
| Inz | 300 (25 bc- 25 rc- 25 dolfijnen)- 4 x 50 (25 scullen voor- 25 bc a) | <b>Z1</b> | r. 5"         | 4 x 50 = <b>Snorkel</b>                | 500       |
|     | 200 ws- 4 x 50 (25 scullen trekfase- 25 bc a)                       | <b>Z1</b> | r. 5"         | 4 x 50 = <b>Snorkel</b>                | 400       |
| K1  | 3000 als volgt:<br>(550 bc- 15 ow- 10 vl- 25 rc)                    | <b>Z1</b> |               |  | 3000      |
|     | 8 x 100 bc a  | <b>Z1</b> | st. 1.30-1.40 | <b>Snorkel</b>                         | 800       |
|     | 1200 als volgt:<br>(300 bc- 25 waterpolo bc- 25 rc)                 | <b>Z1</b> |               |  | 1200      |
| Uit | 4 x 50 (25 hs- 25 b zonder plank)                                   | <b>Z1</b> |               | <i>telkens met start vanaf de kant</i> | 200       |

| Totaal |        | 6100 |
|--------|--------|------|
| Z1     | 100,0% | 6100 |
| 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: 51

Tijdstip: 07.00 - 08.45

Datum: 20-dec

Accent: Mixed

Dag: Woensdag

Bijzonderheden:



|     | Opdracht   | Int.      | Start/rust  | Materiaal/aandachtspunt                 | Subtotaal |
|-----|--|-----------|-------------|---|-----------|
| Inz | 300 hs- 100 bc b fartlek- 200 bc a- 100 bc b fartlek- 100 ws | <b>Z1</b> | r. 5"       |   | 700       |
|     |  | <b>Z6</b> |             |   | 100       |
| K1  | 16 x 25 bc a (oneven= Z1 - even= Z2)                         | <b>Z1</b> | st. 30"     | <b>Elastiek</b> oneven = start 30"      | 200       |
|     |  | <b>Z2</b> | st. 25"     | <b>Elastiek</b> even = start 25"        | 200       |
|     | 400 bc   | <b>Z1</b> |             | <b>Paddles</b>                          | 400       |
|     | 8 x 25 bc a (oneven= Z2 - even= Z3)                          | <b>Z2</b> | st. 30"     | <b>Elastiek</b> oneven = start 30"      | 100       |
|     |  | <b>Z3</b> | st. 25"     | <b>Elastiek</b> even = start 25"        | 100       |
|     | 400 bc   | <b>Z1</b> |             | <b>Snorkel</b>                          | 400       |
|     | 2 x 50 bc max hold   | <b>Z6</b> | st. 2.15    | met start vanaf de kant                 | 100       |
|     | 400 bc a   | <b>Z1</b> |             |   | 400       |
|     | 8 x 25 bc (oneven= Z2 - even= Z3)                            | <b>Z2</b> | st. 35"-40" | <b>Propeller</b> oneven = start 35"-40" | 100       |
|     |  | <b>Z3</b> | st. 30"-35" | <b>Propeller</b> even = start 30"-35"   | 100       |
|     | 400 bc a   | <b>Z1</b> |             | <b>Paddles</b>                          | 400       |
|     | 16 x 25 bc a (oneven= Z1 - even= Z2)                         | <b>Z1</b> | st. 35"-40" | <b>Propeller</b> oneven = start 35"-40" | 200       |
|     |  | <b>Z2</b> | st. 30"-35" | <b>Propeller</b> even = start 30"-35"   | 200       |
|     | 200 hs/a keus  | <b>Z1</b> |             |   | 200       |
| K2  | <b>2 Sets</b>  |           |             |   |           |
|     | 2 x 50 (25 Z1- 25 Z7)  | <b>Z1</b> |             | <b>Sprintkoord</b> (speed)              | 100       |
|     |  | <b>Z7</b> |             |   | 100       |
|     | 25 bc max- 175 keus Z1                                       | <b>Z7</b> |             | met start vanaf de kant                 | 50        |
|     |  | <b>Z1</b> |             |   | 350       |
| Uit | 100 bc b   | <b>Z1</b> |             |   | 100       |

| Totaal |       | 4600 |
|--------|-------|------|
| Z1     | 75,0% | 3450 |
| Z2     | 13,0% | 600  |
| Z3     | 4,3%  | 200  |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 4,3%  | 200  |
| Z7     | 3,3%  | 150  |

Week: 51

Tijdstip:

Datum: 21-dec

Accent:

Dag: Donderdag

Bijzonderheden: **GEEN ZWEMTRAINING!**



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

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

Week: 51

Tijdstip: 13.00 - 14.30

Datum: 22-dec

Accent: Duur

Dag: Vrijdag

Bijzonderheden: **Zwembad Steinerbos**



|     | Opdracht                          | Int. | Start/rust | Materiaal/aandachtspunt        | Subtotaal |
|-----|-----------------------------------|------|------------|--------------------------------|-----------|
| Inz | 500 SPIKS                         | Z1   |            |                                | 500       |
| K1  | 2500 (400 bc Z1- 25 bc Z2- 25 rc) | Z1   |            |                                | 2375      |
|     |                                   | Z2   |            |                                | 125       |
|     | 50 bc max hold                    | Z6   |            | <i>met start vanaf de kant</i> | 50        |
|     | 1500 bc a                         | Z1   |            | <b>Snorkel</b>                 | 1500      |
|     | 50 bc max hold                    | Z6   |            | <i>met start vanaf de kant</i> | 50        |
|     | 600 bc                            | Z1   |            | <b>Paddles</b>                 | 600       |
| Uit | 100 keus                          | Z1   |            |                                | 100       |

| Totaal |       | 5300 |
|--------|-------|------|
| Z1     | 95,8% | 5075 |
| Z2     | 2,4%  | 125  |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 1,9%  | 100  |
| Z7     | 0,0%  | 0    |

Week: 51

Tijdstip: 13.00 - 14.30

Datum: 23-dec

Accent: Mixed

Dag: Zaterdag

Bijzonderheden: Zwembad Steinerbos

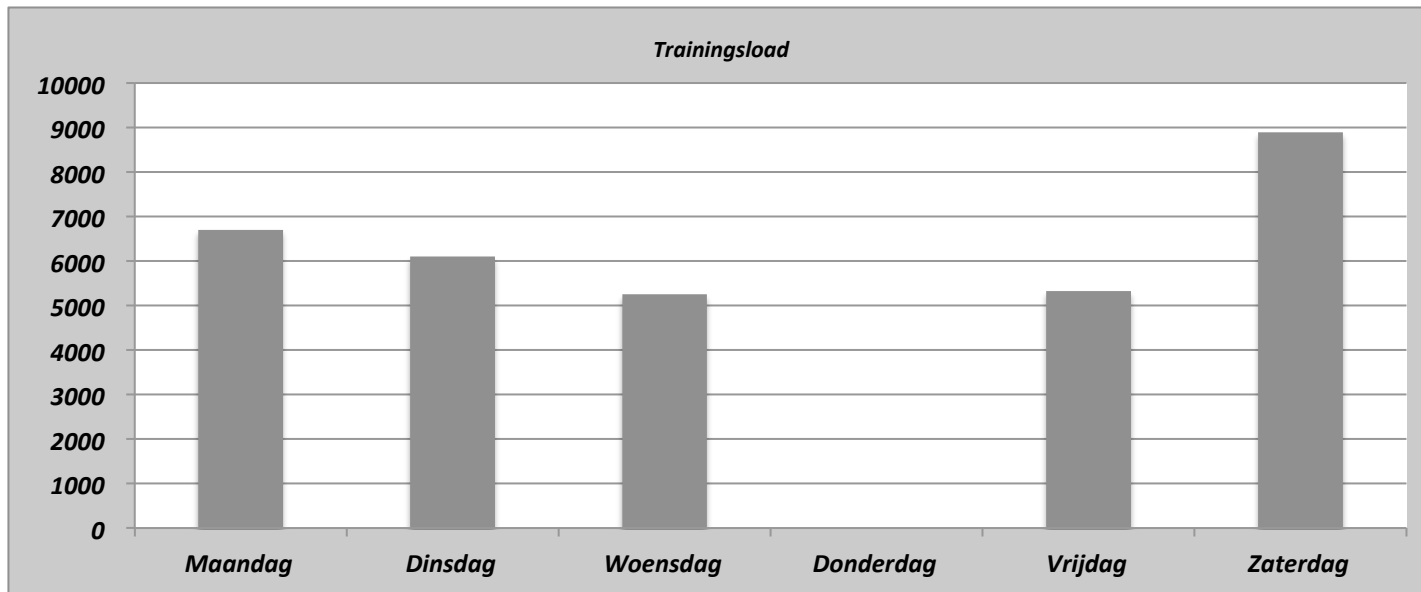


|     | Opdracht  | Int.      | Start/rust    | Materiaal/aandachtspunt                   | Subtotaal |
|-----|---|-----------|---------------|---|-----------|
| Inz | 300 (25 bc- 25 rc)- 4 x 50 (25 'eigen' oefening- 25 bc)       | <b>Z1</b> | r. 5"         |   | 500       |
|     | 300 (25 bc- 25 bc b zij)- 4 x 50 (25 'eigen' oefening- 25 bc) | <b>Z1</b> | r. 5"         |   | 500       |
| K1  | 6 x 50 (15 bc max- 35 hs keus Z1)                             | <b>Z7</b> | st. 1.15      | <b>Elastiek</b>                           | 90        |
|     |   | <b>Z1</b> |               | <b>Elastiek</b>                           | 210       |
|     | 400 bc a  | <b>Z1</b> |               | <b>Snorkel</b>                            | 400       |
|     | 6 x 50 (20 bc b max- 30 bc b Z1)                              | <b>Z7</b> | st. 1.30      |   | 120       |
|     | 600 bc  | <b>Z1</b> |               |   | 180       |
|     |   | <b>Z1</b> |               |   | 600       |
| K2  | 15 x 100 bc   | <b>Z4</b> | st. 1.25-1.35 | <i>gemiddeld zo snel mogelijk zwemmen</i> | 1500      |
|     | 400 keus  | <b>Z1</b> |               |   | 400       |
| Uit | 100 bc b  | <b>Z1</b> |               |   | 100       |

| Totaal |       | 4600 |
|--------|-------|------|
| Z1     | 62,8% | 2890 |
| Z2     | 0,0%  | 0    |
| Z3     | 0,0%  | 0    |
| Z4     | 32,6% | 1500 |
| Z5     | 0,0%  | 0    |
| Z6     | 0,0%  | 0    |
| Z7     | 4,6%  | 210  |

# Overzicht

week: 51



| Totaal meters |       | 25600 |
|---------------|-------|-------|
| Z1            | 80,5% | 20615 |
| Z2            | 7,5%  | 1925  |
| Z3            | 2,3%  | 600   |
| Z4            | 5,9%  | 1500  |
| Z5            | 0,0%  | 0     |
| Z6            | 1,6%  | 400   |
| Z7            | 2,2%  | 560   |

| % van totale omvang   meters |      |      |
|------------------------------|------|------|
| Wetsuit                      | 0,0% | 0    |
| Paddles                      | 8,6% | 2200 |
| Elastiek                     | 6,6% | 1700 |
| Propeller                    | 2,7% | 700  |

