

Week: 20

Tijdstip: 07.00 - 08.45

Datum: 14-mei

Accent: Mixed

Dag: Maandag

Bijzonderheden:



|     | Opdracht   | Int.      | Start/rust    | Materiaal/aandachtspunt                                      | Subtotaal |
|-----|--|-----------|---------------|--|-----------|
| Inz | 300 hs keus- 300 (50 bc a- 25 bc b)- 300 (25 dolfijnen- 25 bc- 25 rc- 25 bc) | <b>Z1</b> |               |  | 900       |
| K1  | 2 x 50 bc max hold   | <b>Z6</b> | st. 2.00      | <i>met start vanaf de kant</i>                               | 100       |
|     | 400 bc a   | <b>Z1</b> |               |  | 400       |
|     | 100 bc max hold  | <b>Z5</b> | st. 2.00      | <i>met start vanaf de kant</i>                               | 100       |
|     | 4 x 100 bc   | <b>Z4</b> | st. 1.40-1.50 |  | 400       |
|     | 1400 als volgt:<br>(400 bc a- 100 bc b- 400 bc- 100 bc b- 400 bc a)          | <b>Z1</b> |               |  | 1400      |
| K2  | <b>2 Sets</b>  |           |               | <i>De hele kern voortdurend van slagfrequentie wisselen!</i> |           |
|     | 6 x 50 bc a (2 x Z2- 2 x Z3- 2 x Z4)   | <b>Z2</b> | st. 50"-60"   | <b>Elastiek</b>  | 200       |
|     |  | <b>Z3</b> |               | <b>Elastiek</b>  | 200       |
|     |  | <b>Z4</b> |               | <b>Elastiek</b>  | 200       |
|     | 6 x 50 bc (2 x Z1- 2 x Z3- 1 x Z1- 1 x Z4)                                   | <b>Z1</b> | st. 50"-60"   | <b>Paddles</b>   | 300       |
|     |  | <b>Z3</b> |               | <b>Paddles</b>   | 200       |
|     |  | <b>Z4</b> |               | <b>Paddles</b>   | 100       |
| Uit | 100 keus   | <b>Z1</b> |               |  | 100       |

| Totaal |       | 4600 |
|--------|-------|------|
| Z1     | 67,4% | 3100 |
| Z2     | 4,3%  | 200  |
| Z3     | 8,7%  | 400  |
| Z4     | 15,2% | 700  |
| Z5     | 2,2%  | 100  |
| Z6     | 2,2%  | 100  |
| Z7     | 0,0%  | 0    |

Week: 20

Tijdstip: 07.00 - 08.45

Datum: 15-mei

Accent: Duur

Dag: Dinsdag

Bijzonderheden:



|     | Opdracht   | Int.   | Start/rust                 | Materiaal/aandachtspunt          | Subtotaal           |
|-----|--|--|----------------------------|----------------------------------|---------------------|
| Inz | 500 SPIKS- 4 x 50 (25 sculloefening- 25 bc a)- 100 bc fartlek                              | <b>Z1</b><br><b>Z6</b>                           | r. 5"                      |                                  | 750<br>50           |
| K1  | <b>2 Sets</b><br>1000 bc<br>1000 bc a<br>1000 bc (25 vl Z2- 75 bc Z1- 50 bc Z2- 100 bc Z1) | <b>Z1</b><br><b>Z1</b><br><b>Z2</b><br><b>Z1</b> | r. 60"<br>r. 60"<br>r. 60" | <b>Paddles</b><br><b>Snorkel</b> | 2000<br>2000<br>600 |
|     | 2 x 25 bc max  | <b>Z1</b><br><b>Z7</b>                           | st. 45"                    | <i>met start vanaf de kant</i>   | 1400<br>100         |
| Uit | 100 keus   | <b>Z1</b>  |                            |                                  | 100                 |

| Totaal |       | 7000 |
|--------|-------|------|
| Z1     | 89,3% | 6250 |
| Z2     | 8,6%  | 600  |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 0,7%  | 50   |
| Z7     | 1,4%  | 100  |

Week: 20

Tijdstip: 07.00 - 08.45

Datum: 16-mei

Accent: Techniek/duur

Dag: Woensdag

Bijzonderheden:



|     | Opdracht  | Int.      | Start/rust    | Materiaal/aandachtspunt                           | Subtotaal |
|-----|---|-----------|---------------|---|-----------|
| Inz | 600 keus  | <b>Z1</b> |               |   | 600       |
|     | 2 x 50 (25 scullen buik ri voeten- 25 bc a)               | <b>Z1</b> | r. 5"         | <i>Lichaamsspanning</i>                           | 100       |
|     | 2 x 50 (25 scullen rug ri voeten- 25 bc a)                | <b>Z1</b> | r. 5"         | <i>Lichaamsspanning</i>                           | 100       |
| K1  | <b>2 Sets</b>   |           |               |   |           |
|     | 2 x 50 (20 bc 'spinnen'- 30 bc Z1)                        | <b>Z7</b> | st. 1.10      | <i>bc spinnen = slagfrequentie &gt; 60 sl/min</i> | 80        |
|     |   | <b>Z1</b> |               |   | 120       |
|     | 4 x 75 bc (1ste 25m Z1 afbouwend naar 3de 25m slowmotion) | <b>Z1</b> | r.20"         | <b>Paddles</b> iedere 25m minder slagen           | 600       |
|     | 2 x 50 (25 bc Z1- 25 bc max)                              | <b>Z1</b> |               | <b>Sprintkoord</b> (speed)                        | 100       |
|     |   | <b>Z7</b> |               |   | 100       |
|     | 3 x 100 bc a- 100 ws                                      | <b>Z1</b> | st. 1.30-1.40 |   | 800       |
|     | 3 x 100 bc- 100 bc b                                      | <b>Z1</b> | st. 1.30-1.40 | <b>Snorkel</b>                                    | 800       |
| Uit | 4 x 25 keus   | <b>Z1</b> |               | <i>telkens met start vanaf de kant</i>            | 100       |

| Totaal |       | 3500 |
|--------|-------|------|
| Z1     | 94,9% | 3320 |
| Z2     | 0,0%  | 0    |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 0,0%  | 0    |
| Z7     | 5,1%  | 180  |

Week: 20

Tijdstip: 07.00 - 08.45

Datum: 17-mei

Accent: Mixed

Dag: Donderdag

Bijzonderheden: **Buitenbad 40m (ovb van temperatuur) WETSUIT!!!**

|     | Opdracht                                | Int.      | Start/rust    | Materiaal/aandachtspunt | Subtotaal |
|-----|---|-----------|---------------|-------------------------|-----------|
| Inz | 800 (80 bc- 20 rc- 80 bc- 20 dolfijnen) | <b>Z1</b> |               | <b>Wetsuit</b>          | 800       |
| K1  | 80 (20 bc max- 60 bc Z1)                | <b>Z7</b> | r. 30"        | <b>Wetsuit</b>          | 20        |
|     |   | <b>Z1</b> |               | <b>Wetsuit</b>          | 60        |
|     | 80 (40 bc max hold- 40 bc Z1)           | <b>Z6</b> | r. 30"        | <b>Wetsuit</b>          | 40        |
|     |   | <b>Z1</b> |               | <b>Wetsuit</b>          | 40        |
|     | 5 x ronden linksom (5 x 120m)           | <b>Z2</b> | r. 60"        | <b>Wetsuit</b>          | 600       |
|     | 3 x 200 bc                              | <b>Z1</b> | st. 3.00-3.30 | <b>Wetsuit</b>          | 600       |
|     | 2 x 200 bc                              | <b>Z4</b> | st. 3.00-3.30 | <b>Wetsuit</b>          | 400       |
|     | 3 x 200 bc                              | <b>Z1</b> | st. 3.00-3.30 | <b>Wetsuit</b>          | 600       |
|     | 5 x ronden rechtsom (5 x 120m)          | <b>Z2</b> | r. 60"        | <b>Wetsuit</b>          | 600       |
|     | 80 (40 bc max hold- 40 bc Z1)           | <b>Z6</b> | r. 30"        | <b>Wetsuit</b>          | 40        |
|     |   | <b>Z1</b> |               | <b>Wetsuit</b>          | 40        |
|     | 80 (20 bc max- 60 bc Z1)                | <b>Z7</b> | r. 30"        | <b>Wetsuit</b>          | 20        |
|     |   | <b>Z1</b> |               | <b>Wetsuit</b>          | 60        |
| Uit | 80 keus                                 | <b>Z1</b> |               | <b>Wetsuit</b>          | 80        |

| Totaal |       | 4000 |
|--------|-------|------|
| Z1     | 57,0% | 2280 |
| Z2     | 30,0% | 1200 |
| Z3     | 0,0%  | 0    |
| Z4     | 10,0% | 400  |
| Z5     | 0,0%  | 0    |
| Z6     | 2,0%  | 80   |
| Z7     | 1,0%  | 40   |

Week: 20

Tijdstip: 07.00 - 08.45

Datum: 18-mei

Accent: Duur

Dag: Vrijdag

Bijzonderheden:



|     | Opdracht   | Int. | Start/rust    | Materiaal/aandachtspunt                  | Subtotaal |
|-----|--|------|---------------|--|-----------|
| Inz | 200 hs- 100 bc b fartlek- 200 bc a- 100 bc b fartlek | Z1   | r. 5"         |  | 500       |
|     |  | Z6   |               |  | 100       |
| K1  | 50 bc max hold- 100 hs keus- 50 bc max hold          | Z6   |               | 50 bc max hold = met start vanaf de kant | 100       |
|     |  | Z1   |               |  | 100       |
|     | 6 x 300 bc a   | Z1   | st. 4.30-5.00 |  | 1800      |
|     | 8 x 200 bc   | Z1   | st. 3.00-3.30 | <b>Paddles</b>                           | 1600      |
|     | 10 x 150 bc  | Z1   | st. 2.15-2.35 |  | 1500      |
|     | 2 x 50 (25 bc Z1- 25 bc max)                         | Z1   |               | <b>Sprintkoord (speed)</b>               | 50        |
|     |  | Z7   |               |  | 50        |
| Uit | 200 keus   | Z1   |               |  | 200       |

| Totaal |       | 6000 |
|--------|-------|------|
| Z1     | 95,8% | 5750 |
| Z2     | 0,0%  | 0    |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 3,3%  | 200  |
| Z7     | 0,8%  | 50   |

Week: 20  
 Datum: 19-mei  
 Dag: Zaterdag

Tijdstip: 07.00 - 08.30  
 Accent: Mixed  
 Bijzonderheden:

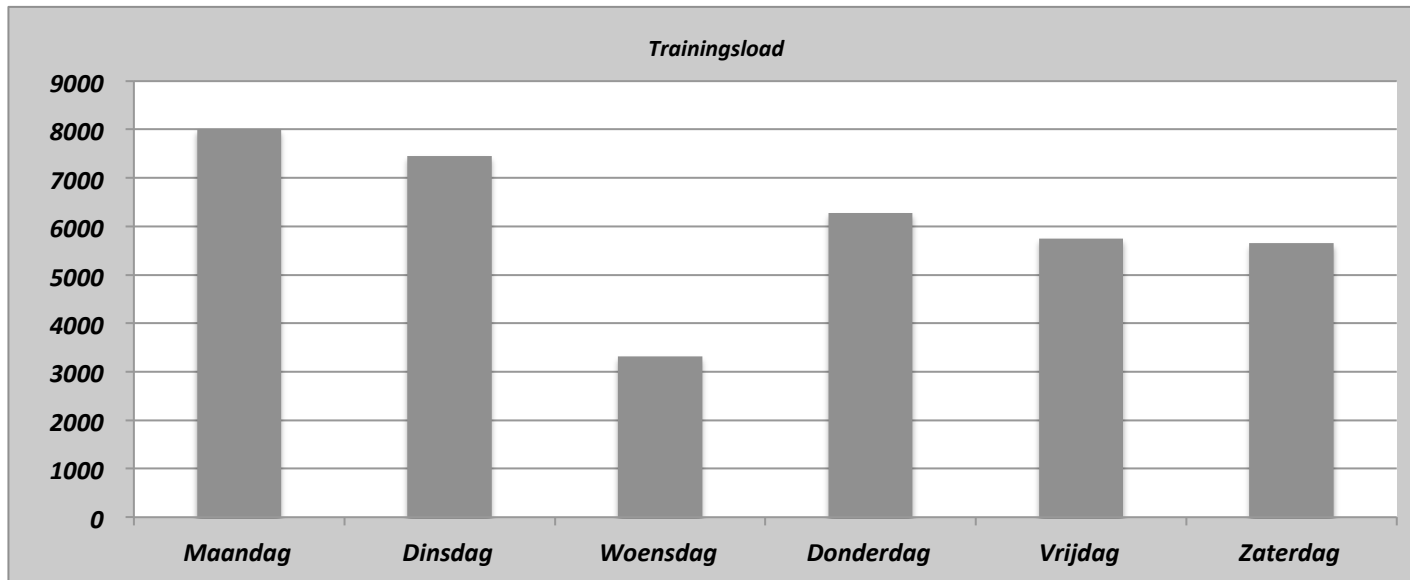


|     | Opdracht   | Int. | Start/rust | Materiaal/aandachtspunt               | Subtotaal |
|-----|--|------|------------|---------------------------------------|-----------|
| Inz | 500 SPIKS  | Z1   |            |                                       | 500       |
| K1  | 12 x 25 (1 x vl Z2- 1 x bc a Z3)                       | Z2   | st. 35"    | <i>Elastiek</i>                       | 150       |
|     |  | Z3   |            | <i>Elastiek</i>                       | 150       |
|     | 400 bc   | Z1   | r. 30"     | <i>Paddles</i>                        | 400       |
|     | 8 x 50 bc a  | Z3   | st. 60"    | <i>Elastiek</i>                       | 400       |
|     | 600 (75 bc- 25 rc)                                     | Z1   | r. 60"     |                                       | 600       |
|     | 4 x 100 bc   | Z2   | r. 30"     | <i>Paddles Propeller</i>              | 400       |
|     | 800 (75 bc a- 25 bc b)                                 | Z1   |            |                                       | 800       |
| K2  | 100 bc (25 Z1- 25 max speed- 25 max resistance- 25 Z1) | Z1   |            | <i>Sprintkoord (speed/resistance)</i> | 50        |
|     |  | Z7   |            |                                       | 50        |
|     | 50 bc max hold   | Z6   |            | <i>met start vanaf de kant</i>        | 50        |
|     | 300 hs/a keus  | Z1   |            |                                       | 300       |
|     | 2 x 50 bc (25 Z1- 25 max)                              | Z1   |            | <i>Sprintkoord (speed)</i>            | 50        |
|     |  | Z7   |            |                                       | 50        |
|     | 50 bc max hold   | Z6   |            | <i>met start vanaf de kant</i>        | 50        |
| Uit | 200 keus   | Z1   |            |                                       | 200       |

| Totaal |       | 4200 |
|--------|-------|------|
| Z1     | 69,0% | 2900 |
| Z2     | 13,1% | 550  |
| Z3     | 13,1% | 550  |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 2,4%  | 100  |
| Z7     | 2,4%  | 100  |

# Overzicht

week: 20



| Totaal meters |       | 29300 |
|---------------|-------|-------|
| Z1            | 80,5% | 23600 |
| Z2            | 8,7%  | 2550  |
| Z3            | 3,2%  | 950   |
| Z4            | 3,8%  | 1100  |
| Z5            | 0,3%  | 100   |
| Z6            | 1,8%  | 530   |
| Z7            | 1,6%  | 470   |

| % van totale omvang   meters |       |      |
|------------------------------|-------|------|
| Wetsuit                      | 13,7% | 4000 |
| Paddles                      | 19,1% | 5600 |
| Elastiek                     | 4,4%  | 1300 |
| Propeller                    | 1,4%  | 400  |

