

## Tréningy sústredenie Šopron MJ 11. -18.2.2024

### Skupina Adámek:

#### 11.2. poobede

200 výb 100 M (25n+25) 100 Z (25Tc+25) 200 výb 100 P (25n+25) 100 K (25Tc+25)

300 K + 2 x 100 Z n + 300 K + 2 x 100 Z p pac + 300 Z / 20"

4 x (25 M n + 25 M Tc + 25 M + 50 Z) pl + 500 K

10 x 50 pl (25 p.v. + 25 PP) + 400 Z (50 Tc + 150)

400 P (25 Pp Kn + 75 P) + 400 K (50 Tc + 150)

2 x (3 x 100 n / 20" + 200) M, P

8 x 25 / 30" PP

200 v

**6,2km**

#### 12.2. ráno

4 x 200 vyb, n, Tc, výb

4 x 400 / 45" K, PP pl, M n / výb n pl, KZ

6 x 50 p / 1' (25 M + 25 Z) + 200 (25 M + 75 Z)

6 x 50 p / 1' (25 P + 25 K) + 200 PK

2 x (300 n + 200) K, výb

400 K pl / 45" + 2 x 200 pl pac PP / 30" + 4 x 100 n MZ,PK,výb,výb / 20" + 8 x 50 PP + výb / 1'

200 Tc + 200 v

**6,4km**

#### 12.2. poobede

200 výb 400 PPn,PPp,PPTc,PP 200 výb

4 x 50 / 2' (15 start max + 35v) 200 Kn + 200 K (50Tc+50)

3 x 200 K pl / 30" TF140 + 100 v + 200 Kn + 100 výb

6 x 100 K / 1:30 TF 150 + 100 v + 200 Kn + 100 výb / tempo 1500

12 x 50 / 50" TF 160 + 100 v + 200 výb n + 100 výb / tempo 800

400 Z + 300 Zn + 200 Z Tc

8 x 50 / 1' 4 K, 4 výb pac

100 v **5,8km**

### 13.2. ráno

300 výb 200 PPn 200 PP 100 výb

4 x (25Mn + 25M Tc + 25 M + 25 výb) + 4 x 100 pl / 30" (50M+50Z)

400 Z (50Tc + 50Z) + 4 x 100 Z / 20"

8 x 100 pl (25 p.v. + 25 výb + 25 p.v. + 25 výb) PP / 30"

400 P (25PKn + 25P + 25 Pn CH + 25 P) + 4 x 100 (50P+50K) / 20"

400 K (50Tc+50K) + 4 x 100 K / 20"

8 x 100 pl (50p.v. + 50 výb) / 30"

8 x 50 pac / 20" PP

200 v **6,2km**

### 13.2. poobede

3 x (100 výb + 100 (25n+25) M,Z,P) + 200 PP Tc

8 x 50 PP pl / 20" (15 max + 35 v) + 200 Kn (25max + 75) + 100 K Tc

4 x 200 K / 3' TF140 + 300 v

8 x 100 K / 1:30 TF150 + 300 v / tempo 1500

16 x 50 K / 50" TF160 + 300 v / tempo 800

400 K pl – 200K/200výb

4 x (50 K + 50 Z sup) **5,8km**

### 14.2. ráno

2 x (200 výb + 100 PP) + 200výb n + 100 výb Tc

900 pl (200K,Z,PP + 2 x 50 Tc / 20") M,Z,P

4 x (30" gumy záb + 200 v) PP

800 Mn,Z,Pn,K

2 x (6 x 50 / 20" + 200 výb) pl 1. M,Z 2. Z,P

800 Mtc,Zn,PTc,Kn

200 v

**5,6km**

#### **14.2. poobede**

**Voľno**

#### **15.2. ráno**

100 výb 200 PP Tc 300 výb 200 PP n 100 výb

4 x 100 pl / 30" (25p.v. + 25 PP + 50 výb) + 300 výb n (25 rýchlo + 75) + 300 K (50Tc+50)

10 x 50 K / 1' tempo 400 + 200 v + 200 výb n + 100 K Tc

6 x 100 pl / 20" záb 1M, 2Z, 1P, 2K + 200 K n + 200 PP Tc

10 x 50 K / 55" tempo 400 + 200 v + 200 K n + 100 K Tc

300 K pl + 50 – 100 – 150 – 200 PP

200 v

**5,9km**

#### **15.2. poobede**

6 x (100 výb + 50 PP Tc) 200 výb n 100 výb

300 Z (50Tc + 100Z) pl + 300 Z n pl (25 + 75) + 200 výb

6 x (25 P n CH + 25 P + 25PpMn + 25 P + 50 K)

8 x 100 / 30" (50Z + obr + 50 P) + 500 K n

500 K + 400 Z + 300 P + 200 MTc + 200 PP / K+Z pl

200 Mn (25 Tc + 75) + 200 Z + 200 výb n + 200 výb Tc

200 v

**6,2km**

## 16.2. ráno

200 výb 2 x (100n 100 Tc 100 suhra) PP, výb

600 pl (25Mn + 25M + 25MTc + 25M + 50 Z) + 200 Mn pl (25+75) + 200 Z n

600 pac Z (50 Tc + 100) + 100 výb + 6 x 50 Z / 1' poc zab. + 100 výb

900 pl (50M + 100 Z) + 300 Mn + 200 M Tc

8 x 100 pac záb / 2' (25P+75K) + 200 v

4 x 50 P / 20" + 200 výb n + 6 x 50 K / 20" + 200 v

**6,2km**

## 16.2. poobede

200 výb, 100 M (25 Tc+25) 200 Z (25Zn + 75) 100 P 200 K

6 x (20 P pod vodou + 30 P + 25 PpKn + 25 P + 50 K)

6 x 50 K zaber / 20" + 600 K + 400 Kn + 200 K

2 x (4 x 50 P / 1' + 200 K) + 3 x (50 Pn + 50K)

6 x 50 / 20" (25Zsup + 25 Z) + 300 P + 400 K

6 x 200 / 30" pl 1.3.5. (50 Z + 25p.v. + 50 K + 25p.v.+25 K) 2. ZTc 4.Ktc 6.volne

**6,2km**

## 17.2. ráno

100 výb 300 (25Mn + 25M + 100 Z) 100 výb 300 (25PnCH + 25P + 100 K)

4 x 50 / 2:30 (15start max + 35 v) + 200 Kn (25 rychlo + 75) + 200 K (50 Tc+50)

2 x ( 8 x 50 K / 50" + 100 v + 200 Kn + 100 v) tempo 400

200 Z / 40" + 2 x 100 Z p / 20" + 4 x 50 Z n / 15" + 200 Z + 200 (50KTc + 50 výb) pl

8 x 50 K pl / 50" tempo 400 + 100 v + 200 Kn + 100 v

2 x 300 (50Tc + 100) Z, K

200 v

**5,6km**

## 17.2. poobede

300 výb 6 x 50 pl / 1' (25p.v. + 25 výb) 200 výb Tc pl

6 x (100 K + 50 Zsup) + 300 Kn + 100 K Tc

3 x 100 Z p pac / 20" + 300 Zn (25 + 75) + 3 x 100 Z / 20"

8 x 50 P / 20" + 400 K + 200 výb n

2 x ( 8 x 25 + 200 v) PP, výb

**4,5km**

## 18.2. ráno

100 výb 300 (25n + 25Tc + 25 M,Z) 100 výb 300 (25n + 25Tc + 25 P,K)

2 x (6 x 50 + 100 v) výb n / 20", výb n / 15" pl

4 x 50 / 2:30 (15 start max + 35 v) + 200 výb n (25+75) + 200 výb (50Tc+50)

Ľubovoľný štart (50 – 800) max + 300 v

300 výb n + 300 výb (50Tc + 50) pl

5 x 100 / 30" M,Z,P,K,PP 200 výb n

**3,9km**

## Skupina Vachan:

### 11.2. poobede

200 výb 4 x (100 n 100 PP)

8 x 50 = 1. DK 2. KD / 10"

2 x ( 100 K Tc + 100 K + 100 P Tc + 200K + 100 Z Tc + 300 K + 100 D Tc + 400 K) / 10"

2. séria namiesto Tc – n, pl

400 PP n

4 x 200 p pac (75Z + 25Z sup) / 15"

100 n 200 v

**5,7km**

## 12.2. ráno

400 výb 4 x 200 n/Tc DZPK

6 x 50 p 1.D 2.K / 1'

800 K dých (3,5) / 20" + 4 x 50 K svizne / 55"

2 x 400 K p pac dých (3,5) / 15" + 4 x 50 sp svizne / 1'

8 x 100 K pl dých (3,5) / 10" + 4 x 50 K pl svizne / 50"

16 x 50 K pl pac dých (3,5) / 10" + 4 x 50 sp pl svizne / 55"

200 n 200 v **5,9km**

## 12.2. poobede

300 výb 200 n 300 Tc 200 p

6 x 50 = 20 D vln pod vodou + K dopl / 1'

500 p (50K50sp) / 25" + 2 x 200 K priemer 1500 / 25"

500 pac (50K 50 sp Tc) / 25" + 4 x 100 K priemer 1500 / 20"

500 pl (50K 50 D vln Bok) / 25" + 8 x 50 K priemer 1500 / 15"

500 pl pac (50K 50n) / 25" + 400 K priemer 1500

200 v

500 = 20 rýchlo + 30 lahko KspKspK

300 n pl 100 v **6,0km**

## 13.2. ráno

400 (50K 50 KnBok) 300 Z paste 200 Pn 100 D Tc/suhra

200 scull

8 x 50 K n / 1:05 + 4 x 100 K n st 1-4 / 2:15 + 2 x 200 PP n / 4:30 + 400 K n max + 300 v

8 x 50 Tc pl DZPK / 1' + 4 x 100 K n st 1-4 pl / 2' + 2 x 200 PP Tc pl / 3:30 + 400 K n pl max + 300 v

6 x 50 = 15max + 20v + 15 max 2D 2Z P K

100 v

**6,2km**

### **13.2. poobede**

100 vyb 200 PPN 100 vyb 200 PP p 100 vyb 200 PP Tc 100 vyb 200 PP

6 x 50 = 1-3 st 3K 3sp / 55"

5 x 800 = 1. Kp neg 2. pac 100K100PP neg 3. p pac K neg 4. pl 100K100PP neg 5. K pl pac neg / 30"

6 x 50 = 15 D vln pod vodou + 35v, 35v + 15 D vln pod vodou / 1'

200 n 100 v

**6,1km**

### **14.2. ráno**

400 vyb 3 x 200 n,p,Tc

16 x 25 = 1. 12,5rychlo+12,5v 2. 12,5v+12,5 rychlo / 35"

4 x (100 K + 50n + 100 PP + 50 n + 100 spoj + 50 n + 50 v) DZPK

4 x (100 K + 50Tc + 100 PP + 50 Tc + 100 spoj + 50 Tc + 50 v) DZPK pl

300 v

**5,7km**

### **14.2. poobede**

**Voľno**

### **15.2. ráno**

6 x 200 vyb, n, vyb, Tc, vyb, p

6 x 50 = 12,5rychlo+12,5v+12,5rychlo+12,5v 3K 3sp / 1'

40 x 50 K priemer 5km / 50"

200 v

40 x 50 K pl priemer 5km / 45"

200 n 300 v

**6,2km**

## 15.2. poobede

200 vyb 1-2-3-4 n 1-2-3-4 Tc 200 vyb

12 x 50 = 25 D vln pod vodou + 25 K / 1:05

4 x ( 50 spoj + 50 K / 10"	1. spoj Tc, K suhra
50 spoj + 100 K / 15"	2. spoj suhra, K Tc pac
50 spoj + 150 K / 20"	3. spoj n, K pl
50 spoj + 200 K / 25"	4. spoj suhra, K n pl pac

6 x 50 = 25 rychlo bez dychu + 25 v 3K 3sp / 1:05

300 n pl 300 v **5,7km**

## 16.2. ráno

300 vyb 200 n 100 PP 200 P 300 vyb

4 x 50 D vln Bok / 1'

10 x 50 = 1. D Tc 2. K / 55" + 3 x 300 K 1-3 st / 20"

5 x 100 = 50 K 50 P Tc / 1:45 + 3 x 200 Z 1-3 st / 20"

2 x 250 = pl KZTcKZTcK / 20" + 3 x 100 P 1-3 st / 20"

500 = pl 50K Tc 50Z sup / 20" + 4 x 50 M 1-4 st / 15"

200 v

4 x 50 D vln B, CH / 1'

200 n 100 v **6,0km**

## 16.2. poobede

200 PP Tc 200 PP n pl 2 x 100 PP

4 x ( 4 x 100 D / 2' Z / 1:45 P / 2' K pl / 1:40 + 400 PP / 6:30 + 4 x 100 K / 1:40 + 400 K / 6')

200 v **7,2km**

## 17.2. ráno



300 vyb 4 x 50 PP n 300 vyb 4 x 50 PP Tc 300 vyb 4 x 50 PP p

8 x 50 = p pac poc zab 1K 1Z / 1'

8 x 50 = pac poc zab 1K 1Z / 1'

2000 lub

300 v **4,6km**

## **17.2. poobede**

3 x 100 KZP 3 x 100 n 3 x 100 Tc 3 x 100 p

4 x 25 = vypl + 3 rych zab 2K 2sp

100 Tc 100 n D pl

4 x 25 = start 15max + 10 v 2K 2sp

100 Tc 100 n Z pl

4 x 25 = start 20max + 5 v 2K 2sp

100 Tc 100 n P

4 x 25 = start max 2K 2sp

100 Tc 100 n K

16 x 25 = D vln pl PLCHB / 30"

16 x 25 = 1. 15 D vln pod vodou + 10 v 2. K / 30"

400 v **3,6km**

## **18.2. ráno**

4 x 300 vyb, PP n pl, PP Tc pl, vyb pl

25 x 200 K / 3:10

500 v pl **6,7km**

## Skupina Viola:

Warmup | SCDS

Sun Feb 11 '24 - 4:30 pm 25 Meters

Default interval: 2:00 per 100

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### #Sharks sets

-Warmup: *0m4:30 pm*

400 im drill "4/4"4"

100 sculling

2x200 im pull

100 sculling

4x100 im kick each of strokes 1x

100 sculling

8x50 im each of strokes 2x

100 sculling

400 (50 catch up drill + 50 fs) fins + snorkel

-Main set: *2400m5:18 pm*

300 (25 fl + 25 fs) focus on strokes

3x100 (50 fl + 25 fs + 25 fl build)

300 (25 bk + 25 fs) focus on strokes

3x100 (50 bk + 25 fs + 25 bk build)

300 (25 br + 25 fs) focus on strokes

3x100 (50 br + 25 fs + 25 br build)

300 fs focus on strokes

3x100 (75 fs + 25 fs build)

-Recovery: *4800m6:06 pm*

8x50 im drill each of strokes 2x

200 choice

### #Sharks totals:

5400 Meters - 6:18 pm (1 hr 48 min) - stress: 59

Fl/fs end | SCDS

Mon Feb 12 '24 - 8:00 am 50 Meters

Default interval: 2:00 per 100

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### #Sharks sets

-Warmup: *0m8:00 am*

400 fs/bk + teknoc

300 fl kick (50 side + 50 side + 50 on back) + fins

200 fl kick + snorkel

-Vertical kick: *900m8:18 am*

2x

30 sec cross arms 2x

15 sec in streamline 2x

1x50 fl kick (5x push off from ground)

-Pre set: *1000m8:20 am*

5x

1x50 fl drill (50 "back claps") fins + snorkel

1x50 fl drill (50 "flutter kick") fins + snorkel

natiahnut ruky

100 recovery

-Set 1: "drža\_R\_ňet záberov a kopov pod vodou" *1600m8:32 am*

100 (50 fl + 50 fs)

2x50 fl @ 0:55  
200 (50 fl + 50 fs)  
4x50 fl @ 0:55  
300 (50 fl + 50 fs)  
6x50 fl @ 0:55  
400 (50 fl + 50 fs)  
8x50 fl @ 0:55  
300 (50 fl + 50 fs)  
-Recovery: 3900m9:16 am  
600 (50 bk kick + 50 bk double arms) + fins  
-Bk set: 4500m9:28 am  
3x400 bk (75 normal + 25 moderate)

**#Sharks totals:**

5700 Meters - 9:52 am (1 hr 52 min) - stress: 61  
End.2 | SCDS  
Mon Feb 12 '24 - 2:00 pm 50 Meters  
Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: 0m2:00 pm  
300 choice  
200 im kick  
3x100 im drill  
200 im pull  
6x50 (25 uw kick + 25 fs) @ 1:00  
-Main set: 1300m2:32 pm  
500 pull (50 fs + 50 choice)  
2x200 fs 1500 pace @ 3:00  
500 (50 fs + 50 fs drill) snorkel + paddles  
6x100 fs 1500 pace @ 1:35  
500 (50 fs + 50 fl kick on side) + fins  
16x50 fs 1500 pace @ 1:00  
500 (50 fs + 50 kick) fins + paddles  
400 fs 1500 pace  
-Recovery: 5500m3:51 pm  
300  
-Fartlek: 5800m3:57 pm  
400 fs/fl (20m FAST + 30m easy)  
300 recovery

**#Sharks totals:**

6500 Meters - 4:11 pm (2 hrs 11 min) - stress: 68  
Kick 400 on time | SCDS  
Tue Feb 13 '24 - 8:00 am 50 Meters  
Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: 0m8:00 am  
400 fs  
300 bk pull "fist"  
200 br kick  
100 (50 fl drill + 50 fl)  
200 sculling  
-Main set: 1200m8:24 am

8x50 fs kick @ 1:00  
4x100 fs kick desc. 1-4. @ 2:00  
2x200 fs kick @ 4:00  
1x400 fs kick on time  
400 fs/bk recovery  
8x50 fs drill + fins @ 1:00  
4x100 fs kick desc. 1-4. @ 2:00 + fins  
2x200 fs drill + fins @ 4:00  
1x400 fs kick on time + fins  
-Breakouts/Finish: 4800m9:36 am  
10x50 (15m on time + 20 easy + 15m finish on time)  
-Hypoxy/rec.: 5300m9:46 am  
600 (25 fs kick uw + 75 fs + 25 fl kick uw + 75 bk) + fins

**#Sharks totals:**

5900 Meters - 9:58 am (1 hr 58 min) - stress: 56  
Fs/Im Ae end | SCDS  
Tue Feb 13 '24 - 2:00 pm 25 Meters  
Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: 0m2:00 pm  
1200 (100 fs + 200 im kick + 100 fs + 200 im pull + 100 fs + 200 im drill + 100 fs + 200 im)  
3x50 fs desc. 1-3.  
3x50 fl desc. 1-3.  
-Main set: 1500m2:30 pm  
1x800 fs pull neg. 30"  
1x800 (100 fs + 100 im) neg. 30"  
1x800 fs pull + paddles neg. 30"  
1x800 (100 fs + 100 im) neg. 30"  
1x800 fs + fins + paddles neg. 30"  
6x50 (15 uw kick + 35 recovery)  
-Recovery: 5800m3:56 pm

200 kick  
100 choice

**#Sharks totals:**

6100 Meters - 4:02 pm (2 hrs 2 min) - stress: 63  
Prime pull/fl tech./bk | SCDS  
Wed Feb 14 '24 - 10:00 pm 50 Meters  
Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: 0m10:00 pm  
4x50 fs + fins @ 1:00  
3x50 bk + fins @ 1:00  
2x50 br + fins @ 1:00  
1x50 fl + fins @ 1:00  
-Starts: 500m10:10 pm  
4x50 fs (15 on time + 35 easy)  
4x50 fl (15 on time + 35 easy)  
-Main set: 900m10:18 pm  
1x500 fs (count strokes!)  
4x50 fl drill "1/1/1" + fins

4x50 fl + fins + paddles 1-4 (focus on FAST head)!!!  
1x500 fs pull breathing 3/5/7/5/7/3 (count strokes!)  
8x50 fs + fins 1-4. 5-8 @ 1:00  
1x500 fs + snorkel (count strokes!)  
4x50 fl drill "1/1/2" + fins  
4x50 fl + fins + paddles 1-4 (focus on BIG wave)!!!  
1x500 fs pull breathing 3/5/7/5/7/3 + paddles (count strokes!)  
8x50 fs + fins 1-4. 5-8 @ 1:00  
100 recovery  
-Bk set: 4600m11:32 pm  
12x100 bk (75 moderate + 25 faster) @ 1:45  
-Cool down: 5800m11:53 pm  
300 (20 uw kick + 30 bk/fs) + fins  
200 kick choice  
100 recovery  
**#Sharks totals:**  
6400 Meters - 12:05 am (2 hrs 5 min) - stress: 68  
Fl/fs | SCDS  
Thu Feb 15 '24 - 8:00 am 50 Meters  
Default interval: 2:00 per 100

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### **#Sharks sets**

-Warmup: 0m8:00 am  
400 fs/bk + teknoc  
300 fl kick (50 side + 50 side + 50 on back) + fins  
200 fs pull + fl kick + snorkel  
-Pre set: 900m8:18 am  
4x100 (50 fl kick + 25 fl drill "MV + polozáber" + 25 fl drill "1-hand") fins + snorkel  
1x50 (25 fl drill "1/1/1" + 25 fs straight hands)  
1x50 fl drill (25 "1/1/2" + 25 fs straight hands)  
1x50 fl drill (25 "1/1/3" + 25 straight hands)  
1x50 fl drill (25 "1/1/4" + straight hands)  
-Set 1: "drža\_R\_ňet záberov a kopov pod vodou" 1500m8:30 am  
100 (50 fl + 50 fs)  
1x100 fl @ 1:45  
200 (50 fl + 50 fs)  
2x100 fl @ 1:45  
300 (50 fl + 50 fs)  
3x100 fl @ 1:45  
400 (50 fl + 50 fs)  
4x100 fl @ 1:45  
300 (50 fl + 50 fs)  
3x100 fl @ 1:45  
200 (50 fl + 50 fs)  
2x100 fl @ 1:45  
100 (50 fl + 50 fs)  
1x100 fl  
4x50 (25 fl drill 2/2/4 + 25 fs)  
-Bk set: 4900m9:34 am  
3x400 bk (100 bk kick + 100 bk drill + 200 bk) + fins  
-Recovery: 6100m9:58 am  
300  
**#Sharks totals:**  
6400 Meters - 10:04 am (2 hrs 4 min) - stress: 70

Br tech + Fs 5k | SCDS  
Thu Feb 15 '24 - 2:00 pm 50 Meters  
Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: *0m2:00 pm*  
800 im reverse (25 kick + 50 drill + 25 swim) + fins  
400 (50 br sculling 3/3/3 + 50 fs pull) + snorkel  
4x50 (25 br vertical kick + 25 br normal)  
-Drill/swim: *1400m2:28 pm*  
200 (50 br drill "2x furukava + 1-3 + 50 fs)  
200 (50 br pull + fl kick + 25 br + 25 fs)  
200 (50 br pull + fs kick + 25 br + 25 fs)  
5x100 (75 br + 25 fs) + paddles  
-Fs kick/stroke: *2500m2:50 pm*  
400 fs kick + fins @ 6:30  
1x100 fs @ 1:40  
300 fs kick + fins @ 4:30  
2x100 fs @ 1:35  
200 fs kick + fins @ 3:15  
3x100 fs @ 1:30  
100 fs kick + fins @ 1:45  
4x100 fs @ 1:35  
-5k pace: *4500m3:21 pm*  
16x50 fs 5k pace @ 0:50

**#Sharks totals:**

5300 Meters - 3:35 pm (1 hr 35 min) - stress: 58  
Mix fs/im | SCDS  
Fri Feb 16 '24 - 8:00 am 50 Meters  
Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: *0m8:00 am*  
300 choice  
200 fs kick  
100 im  
200 fs pull  
300 choice  
4x50 fl kick on side @ 1:00  
-Main set: *1300m8:26 am*  
5x  
1x50 fl drill @ 0:55  
1x50 fs @ 0:55  
3x300 fs desc. 1-3 20"  
5x100 (50 br drill + 50 fs) @ 1:45  
3x200 bk desc. 1-3 20"  
2x250 (50 fs drill + 50 bk drill + 50 fs drill + 50 fs drill + 50 fs) 20" + fins  
3x100 br desc 1-3 20"  
500 (50 fs + 50 bk double arms) + fins 20"  
4x50 fl desc. 1-4 @ 1:00  
-Recovery: *5300m9:52 am*  
200 choice  
4x50 fl kick @ 1:00

200 kick

100 choice

**#Sharks totals:**

6000 Meters - 10:06 am (2 hrs 6 min) - stress: 66

Ironman | SCDS

Fri Feb 16 '24 - 2:00 pm 50 Meters

Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: *0m2:00 pm*

200 im drill "2/2/4"

200 im kick + fins

2x100 im

-Main set: *600m2:12 pm*

4x100 fl @ 2:00

400 im @ 6:30

4x100 fs @ 1:40

400 fs @ 6:00

4x100 bk @ 1:45

400 im @ 6:30

4x100 fs @ 1:40

400 fs @ 6:00

4x100 br @ 2:00

400 im @ 6:30

4x100 fs @ 1:40

400 fs @ 6:00

4x100 fs + fins @ 1:30

400 im + fins @ 6:15

4x100 fs + fins @ 1:30

400 fs + fins

-Recovery: *7000m3:58 pm*

300 choice

**#Sharks totals:**

7300 Meters - 4:04 pm (2 hrs 4 min) - stress: 80

Recovery kick/swim/pull | SCDS

Sat Feb 17 '24 - 9:30 am 50 Meters

Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: *0m9:30 am*

800 im reverse (75 drill + 25 swim)

3x

1x200 (50 fl kick on back " \_Öò\_æ\_!ÖVæVç\_°opov" + 25 bk "superman" left side + 25

bk "superman" right side + 100 fl kick) + fins

1x200 (50 fl kick on back + 50 bk kick + 100 fs kick) + fins

-Swim/pull: *2000m10:10 am*

800 fs (50 left hand + 50 right hand + 100 fs) focus on technique and strokes

16x50 pull in couple + snorkel

400 fs pull + paddles

**#Sharks totals:**

4000 Meters - 10:50 am (1 hr 20 min) - stress: 44

Back end speed | SCDS

Sat Feb 17 '24 - 4:00 pm 25 Meters

Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: *0m4:00 pm*

100 fs

200 im drill

100 fs

200 im kick

100 fs

200 im pull

-Pre set: *900m4:18 pm*

4x25 fs kick 0/1/2/3

4x25 fl kick 0/1/2/3

100 recovery

100 sculling

-Main set: *1300m4:26 pm*

300 fs count strokes

4x25 fs (10m MAX!!! + 20 easy)

4x25 second stroke (10m MAX!!! + 20m easy)

Even: from water

Odds: from block/dive, before dive 8x medicinbal

300 fs + fins count strokes

4x25 fs (12,5m MAX!!! + 12,5m easy)

4x25 second stroke (12,5m MAX!!! + 12,5m easy)

Even: from water

Odds: from block/dive, before dive 5x medicinbal

300 fs + paddles count strokes

4x25 fs (15m MAX!!! + 10m easy)

4x25 second stroke (15m MAX!!! + 10m easy)

Even: from water

Odds: from block/dive, before dive 3x medicinbal

300 fs fins + paddles count strokes

2x25 fs on time!

2x25 second stroke on time!

-Recovery: *3200m5:04 pm*

400 choice

**#Sharks totals:**

3600 Meters - 5:12 pm (1 hr 12 min) - stress: 38

50x100 | SCDS

Sun Feb 18 '24 - 8:30 am 50 Meters

Default interval: 2:00 per 100

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**#Sharks sets**

-Warmup: *0m8:30 am*

400 choice

4x100 fs kick @ 2:00

4x50 fs drill

4x50 fs pace

-Main set: *1200m8:54 am*

50x100 fs @ 1:40

-Recovery: *6200m10:17 am*

300

**#Sharks totals:**



6500 Meters - 10:23 am (1 hr 53 min) - stress: 71

**Skupina Viola / Vachan:**

Warmup | SCDS

Sun Feb 11 '24 - 4:30 pm 25 Meters

Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: *0m4:30 pm*

400 im drill reverse (25 "4/4"4" + 25 normal)

100 sculling

2x200 im pull

100 sculling

4x100 im kick each of strokes 1x

100 sculling

8x50 im each of strokes 2x

100 sculling

400 (50 catch up drill + 50 fs) fins + snorkel

-Main set: *2400m5:18 pm*

200 (25 fl + 25 fs) focus on strokes

2x100 (50 fl + 25 fs + 25 fl build)

200 (25 bk + 25 fs) focus on strokes

2x100 (50 bk + 25 fs + 25 bk build)

200 (25 br + 25 fs) focus on strokes

2x100 (50 br + 25 fs + 25 br build)

200 fs focus on strokes

2x100 (75 fs + 25 fs build)

-Recovery: *4000m5:50 pm*

8x50 im drill each of strokes 2x

400 choice

**#Juniors totals:**

4800 Meters - 6:06 pm (1 hr 36 min) - stress: 52

End.2 | SCDS

Mon Feb 12 '24 - 2:00 pm 50 Meters

Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: *0m2:00 pm*

300 choice

200 im kick

3x100 im drill

200 im pull

6x50 (25 uw kick + 25 fs) @ 1:00

-Main set: *1300m2:32 pm*

500 pull (50 fs + 50 choice)

2x200 fs 1500 pace @ 3:00

500 (50 fs + 50 fs drill) snorkel + paddles

5x100 fs 1500 pace @ 1:35

500 (50 fs + 50 fl kick on side) + fins

8x50 fs 1500 pace @ 1:00

500 (50 fs + 50 kick) fins + paddles

400 fs 1500 pace

-Recovery: 5000m3:41 pm

300

-Fartlek: 5300m3:47 pm

400 fs/fl (20m FAST + 30m easy)

300 recovery

### **#Juniors totals:**

6000 Meters - 4:01 pm (2 hrs 1 min) - stress: 62

Kick set | SCDS

Tue Feb 13 '24 - 8:00 am 50 Meters

Default interval: 2:00 per 100

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### **#Juniors sets**

-Warmup: 0m8:00 am

400 fs

300 bk pull "fist"

200 br kick

100 (50 fl drill + 50 fl)

200 sculling

-Main set: 1200m8:24 am

8x50 fs kick @ 1:00

4x100 fs kick desc. 1-4. @ 2:00

2x200 fs kick @ 4:00

1x400 fs kick on time

400 fs/bk recovery

8x50 fs drill + fins @ 1:00

4x100 fs kick desc. 1-4. @ 2:00 + fins

2x200 fs drill + fins @ 4:00

1x200 fs kick on time + fins

-Breakouts/Finish: 4600m9:32 am

10x50 (15m on time + 20 easy + 15m finish on time)

-Hypoxy/rec.: 5100m9:42 am

600 (25 fs kick uw + 75 fs + 25 fl kick uw + 75 bk) + fins

### **#Juniors totals:**

5700 Meters - 9:54 am (1 hr 54 min) - stress: 54

Stroke technique | SCDS

Tue Feb 13 '24 - 2:00 pm 25 Meters

Default interval: 2:00 per 100

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### **#Juniors sets**

-Warmup: 0m2:00 pm

4x50 fs + fins @ 1:00

3x50 bk + fins @ 1:00

2x50 br + fins @ 1:00

1x50 fl + fins @ 1:00

-Starts: 500m2:10 pm

8x50 (15m + 35 recovery)

-Stroke clinic: 900m2:18 pm

3x100 fs drill "Tarzan" snorkel + fins

3x100 fs drill "Superman + výmena" fins + snorkel + paddles

3x100 fs drill "Superman + 3 strokes" fins + snorkel + paddles

-Frequency: 1800m2:36 pm

400 fs focus on strokes "count"  
2x25 fs drill "1-hand" build  
2x25 fs drill "1-hand" (15m FAST)  
400 fs focus on strokes + fins  
2x25 main drill build  
2x25 main drill (15m FAST)  
400 fs focus on strokes + fins + paddles + snorkel  
2x25 fs drill "1-hand" build  
2x25 fs drill "1-hand" (15m FAST)  
400 fs pull B3/B3/B3/B5/B3/B7/B3/B9  
2x25 main drill build  
2x25 main drill (15m FAST)  
-Recovery: 3800m3:16 pm  
600

**#Juniors totals:**

4400 Meters - 3:28 pm (1 hr 28 min) - stress: 44  
Fs end. | SCDS  
Wed Feb 14 '24 - 10:00 am 50 Meters  
Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: 0m10:00 am  
500 choice  
200 im kick (25 resist + 25 normal)  
-Kick/drill set: 700m10:14 am  
2x50 fs kick @ 1:00  
1x100 fs drill  
4x50 fs kick @ 1:00  
2x100 fs drill  
6x50 fs kick @ 1:00  
3x100 fs drill  
-Main set: 1900m10:38 am  
24x100 fs (75 moderate + 25 best average) @ 2:00  
-Recovery: 4300m11:26 am  
300 choice

**#Juniors totals:**

4600 Meters - 11:32 am (1 hr 32 min) - stress: 70  
FI/Fs end lvl2 | SCDS  
Thu Feb 15 '24 - 8:00 am 25 Meters  
Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: 0m8:00 am  
400 fs/bk + teknoc  
300 fl kick (50 side + 50 side + 50 on back) + fins  
200 fs pull/fl kick + snorkel  
-Pre set: 900m8:18 am  
4x100 (50 fl kick + 25 fl drill "MV + polozáber" + 25 fl drill "1-hand") fins + snorkel  
1x50 (25 fl drill "1/1/1" + 25 fs straight hands)  
1x50 fl drill (25 "1/1/2" + 25 fs straight hands)  
1x50 fl drill (25 "1/1/3" + 25 straight hands)  
1x50 fl drill (25 "1/1/4" + straight hands)  
-Set 1: "drža\_R\_\_ňet záberov a kopov pod vodou" 1500m8:30 am

100 (50 fl + 50 fs) @ 1:45  
1x100 (50 fl drill + 50 fl) + fins @ 1:45  
200 (50 fl + 50 fs) @ 3:15  
2x100 fl (50 fl drill + 50 fl) + fins @ 1:45  
300 (50 fl + 50 fs) @ 4:30  
3x100 (50 fl drill + 50 fl) + fins @ 1:45  
400 (50 fl + 50 fs) @ 6:30  
4x100 (50 fl drill + 50 fl) + fins @ 1:45  
300 (50 bk + 50 fs) @ 4:30  
3x100 bk @ 1:45  
200 (50 bk + 50 fs) @ 3:15  
2x100 bk @ 1:45  
100 (50 bk + 50 fs) @ 1:45  
1x100 bk  
4x50 (25 fl drill 2/2/4 + 25 fs)  
-Bk set: 4900m11:35 am  
3x300 bk (100 bk kick + 100 bk drill + 100 bk) + fins  
-Recovery: 5800m11:53 am  
300

**#Juniors totals:**

6100 Meters - 11:59 am (3 hrs 59 min) - stress: 67  
Br tech/fs | SCDS  
Thu Feb 15 '24 - 2:00 pm 50 Meters  
Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: 0m2:00 pm  
800 im reverse (25 kick + 50 drill + 25 swim) + fins  
400 (50 br sculling 3/3/3 + 50 fs pull) + snorkel  
4x50 (25 br vertical kick + 25 br normal)  
-Drill/swim: 1400m2:28 pm  
200 (50 br drill "2x furukava + 1-3 + 50 fs)  
200 (50 br pull + fl kick + 25 br + 25 fs)  
200 (50 br pull + fs kick + 25 br + 25 fs)  
5x100 (75 br + 25 fs) + paddles  
-Fs kick/stroke: 2500m2:50 pm  
400 fs kick + fins @ 6:30  
1x100 fs @ 1:40  
300 fs kick + fins @ 4:30  
2x100 fs @ 1:35  
200 fs kick + fins @ 3:15  
3x100 fs @ 1:30  
100 fs kick + fins @ 1:45  
4x100 fs @ 1:35  
-5k pace: 4500m3:21 pm  
16x50 fs 5k pace @ 0:50

**#Juniors totals:**

5300 Meters - 3:35 pm (1 hr 35 min) - stress: 58  
Mix im/fs | SCDS  
Fri Feb 16 '24 - 8:00 am 50 Meters  
Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: 0m8:00 am

300 choice

200 fs kick

100 im

200 fs pull

300 choice

4x50 fl kick on side @ 1:00

-Main set: 1300m8:26 am

5x

1x50 fl drill @ 0:55

1x50 fs @ 0:55

3x300 fs desc. 1-3 20"

5x100 (50 br drill + 50 fs) @ 1:45

3x200 bk desc. 1-3 20"

2x250 (50 fs drill + 50 bk drill + 50 fs drill + 50 fs drill + 50 fs) 20" + fins

3x100 br desc 1-3 20"

500 (50 fs + 50 bk double arms) + fins 20"

4x50 fl desc. 1-4 @ 1:00

-Recovery: 5300m9:52 am

200 choice

4x50 fl kick @ 1:00

200 kick

100 choice

**#Juniors totals:**

6000 Meters - 10:06 am (2 hrs 6 min) - stress: 66

Ironman | SCDS

Fri Feb 16 '24 - 2:00 pm 50 Meters

Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: 0m2:00 pm

200 im drill "2/2/4"

200 im kick + fins

2x100 im

-Main set: 600m2:12 pm

2x100 fl @ 2:00

200 im @ 6:30

2x100 fs @ 1:40

200 fs @ 6:00

2x100 bk @ 1:45

200 im @ 6:30

2x100 fs @ 1:40

200 fs @ 6:00

2x100 br @ 2:00

200 im @ 6:30

2x100 fs @ 1:40

200 fs @ 6:00

4x100 fs + fins @ 1:30

400 im + fins @ 6:15

4x100 fs + fins @ 1:30

400 fs + fins

-Recovery: 4600m3:37 pm

600 choice

**#Juniors totals:**

5200 Meters - 3:49 pm (1 hr 49 min) - stress: 57  
Recovery kick/swim/pull | SCDS  
Sat Feb 17 '24 - 9:30 am 50 Meters  
Default interval: 2:00 per 100

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### #Juniors sets

-Warmup: 0m9:30 am

800 im reverse (75 drill + 25 swim)

3x

1x200 (50 fl kick on back “\_Öò\_æ\_!ÖVæVç\_°opov” + 25 bk “superman” left side + 25 bk “superman” right side + 100 fl kick) + fins

1x200 (50 fl kick on back + 50 bk kick + 100 fs kick) + fins

-Swim/pull: 2000m10:10 am

800 fs (50 left hand + 50 right hand + 100 fs) focus on technique and strokes

16x50 pull in couple + snorkel

400 fs pull + paddles

### #Juniors totals:

4000 Meters - 10:50 am (1 hr 20 min) - stress: 44

Back end speed | SCDS

Sat Feb 17 '24 - 4:00 pm 25 Meters

Default interval: 2:00 per 100

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### #Juniors sets

-Warmup: 0m4:00 pm

100 fs

200 im drill

100 fs

200 im kick

100 fs

200 im pull

-Pre set: 900m4:18 pm

4x25 fs kick 0/1/2/3

4x25 fl kick 0/1/2/3

100 recovery

100 sculling

-Main set: 1300m4:26 pm

300 fs count strokes

4x25 fs (10m MAX!!! + 20 easy)

4x25 second stroke (10m MAX!!! + 20m easy)

Even: from water

Odds: from block/dive, before dive 8x medicinbal

300 fs + fins count strokes

4x25 fs (12,5m MAX!!! + 12,5m easy)

4x25 second stroke (12,5m MAX!!! + 12,5m easy)

Even: from water

Odds: from block/dive, before dive 5x medicinbal

300 fs + paddles count strokes

4x25 fs (15m MAX!!! + 10m easy)

4x25 second stroke (15m MAX!!! + 10m easy)

Even: from water

Odds: from block/dive, before dive 3x medicinbal

300 fs fins + paddles count strokes

2x25 fs on time!

2x25 second stroke on time!

-Recovery: 3200m5:04 pm

400 choice

**#Juniors totals:**

3600 Meters - 5:12 pm (1 hr 12 min) - stress: 38

5x100 | SCDS

Sun Feb 18 '24 - 8:30 am 50 Meters

Default interval: 2:00 per 100

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**#Juniors sets**

-Warmup: 0m8:30 am

400 choice

4x100 fs kick @ 2:00

4x50 fs drill

4x50 fs pace

-Main set: 1200m8:54 am

50x100 fs @ 1:40

-Recovery: 6200m10:17 am

300

**#Juniors totals:**

6500 Meters - 10:23 am (1 hr 53 min) - stress: 71