

Tábor St.juniori 11/18.3...4 týždne pred Multist/ Graz

...Geraldová skupina.... 7 pretekárov:

...Milan/Nikol/Emka/Dominika/Danka/Evka

...3 dni menej mali Danka ...preteky a Evka.. zdravotne

...Os.tréneri dostávali denne Feedback/.. Whats App

Nedeľa 11.3./ RÁNO VEČER

Nedeľa. /5.1km

Pondelok. 6km/6km

Utorok. 6km/6km

Streda. 5.5km/5.4km

Štvrtok. 5.5km/Recovery

Piatok. 6km/6km

Sobota. 5.8km/6km

Nedeľa 18.3./ 6.3km/

Total...13 jednotiek/ 75.6km

Tábor St.juniori....4 týždne pred Multist/ Graz

Pondelok/Ráno 11.3.2024...Šoproň/ St.juniori

Purpose IM/ Ae ..Anae/ Total 6km

Warm-up...0.9km

200 free swim

4x200IMO Odds..wFins (25 kick 25 drill 50 swim)

Evens noFins (same)

Main set..4.9/5.2km

3x1800/ 1Rd fl/bk/ 2Rd bk/br 3Rd br/fr

4x100 Kick wFins..25uw fly/25 D-kick/50back @2

6x50 wPull.. 50fly/50back @1

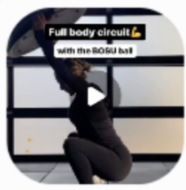
4x200

..... 3x200../25IM..25free desc @3

(Milan.....Extra rest 45" 1x200 IM..full)

1x400 free wSnorkel/ 25swim/25 1Arm or superman

Warm down. 100choice



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10K likes, 54 comments - bosu_fitness January 26,...

www.instagram.com

Tábor St.juniori...4 týždne pred Multisti/Graz

Pondelok/večer 11.3.2024...Sopron/ St.juniori

Purpose.. distance free/ Ae ..Anae/ Total 6km

W up... 0.8km

400 free swim 75free/25 scull

4x100 (50 kick 25 drill 25 swim) IM order

Main set...5km

3x1650/

1x600.. 300 wFins/300 noFins

.. 50fly/50free.. 25kick on side 25 drill(3xL/3xR)

1x800Free ...aerobic set

... Goal..11.40/1.20 AVG100

(1Rd no Equipmen/ 2Rd wPull/ 3Rd wPaddl)

2 x 100 free smooth @1.30

1 x 50 free Full @ 1:00/ 1:10 Goal.. 200p

W down.. 200choice

Feedback..

3x800. 1. Swim+50full/ 2. Pull+50full / 3. Paddl+50full

Nikol..10.44/ 12.26..31.4/

Emka.10.56/11.21..30.2/10.36/31.4

Dominika 11.09/13.10..36.4/32.1

Danka..11.09/11.15../33.5/

Evka..10.08/12.46..35.7/31.9

Megy.. 11.20/12.39..40.5/34.6

Milan/Oliver

Večer/ pondelok

Tábor St.juniori...4 týždne pred Multisti/Graz

Utorok rano/ 12.3.24..Sopron/st.juniori

Purpose.. Back/Breast wAE2+AE3(400p)+Sprint

Draha 2...Total 6km (Babsy menej2sety..Plzeň)

W up..1km

300 free/choice

Pre set..Sprint wKick+Swim

4x100 IMO..Turn!+25uw+kick full/25free 1Arm

8x50choice wFins.. 25 sptint/25 ez/scull @1'

Main set... 4km/ 4x1000

1Rd /wIM meed

3x100 back wPull+short paddl @1.40/1.45

4x50 breast wKick.. desc @55/1'

3x100 ..1.back/ 2.bk/br/ 3.brest @1.40/1.45

...200ez wFins..25free/25 breast scall @4'

2Rd/ wIM meed

3x100 back @1.40/1.45

4x50 breast wPull+short paddl @55

3x100 1.back/ 2.bk/br/ 3.brest @1.40/1.45

...200ez wFins..25free/25 breast scall @4'

3Rd/ wIM meed

3x100 back pull w/short paddl @1.45

4x50breast od..drill/ev.. swim/ desc @50

3x100 1.back/ 2.bk/br/ 3.brest @1.45

...200ez wFins..25free/25 breast scall @4'

4Rd /wIM meed/ or main Stroke

3x100back swim @1.40/1.45

4x50breast swim @55/1'

3x100 1.back/ 2.bk/br/ 3.brest @1.45/1.40

...200ez wFins..25free/25 breast scall @4'

Sprint...1km

4x100 IMO..Turn!+25uw+kick full/25free 1Arm

8x50choice wFins.. 25 sptint/25 ez/scull @1'

W down...200w/fins..25uw/25choice

Tábor St.juniori....4 týždne pred Multi/Graz

Utorok večer/ 12.3.24..Šoproň/st.juniori

Purpose.. distance Free AE2/ Total 6km

W up..2km

1x1000 wFins..50fr/50IMO or choice

10x100 75kick/25IMO Drill @2.10

M set.. 3.5km

1x400free wPull+band wAntipaddl

1x400 free desc by 100 @5'

.... Goal/ EFFICIENCY timing+Turn+UW+Breakout

1x400free wPull+Paddl @5.15

1x300free desc by 100 @ 4'

.... Goal/same

1x400free wFins+Snorkel 25 DK onSide/25 1 Arm

1x200free desc by 100. @2.45/ same

.... Goal/same

1x400free wPull+Paddl. @5.15/ same

6x50free.. Od..1. 25sprint/Ev.. 2. 25sprint @1

.... Goal/same

1x400fre wFins+Snorkel 50swim/50kick/superman

6x50.. 6cykles sprint w Diive+ smooth @1

W down....10x50 .. 25kick/25pull wPartner @10"rest

Feedback..

5x400Pul.wDive

I+ 400/ 300/ 200/ 6x50/ 6x25+25/ Goal 400/200pace

Milan..4.48/ 3.26/ 2.16..25wD..11.0Fr/11.2Fl/14.5Br

Nikol..5.0/ 3.51/ 2.29...25wD...13.0Fr

Emka..5.08/ 2.36*/ 2.31...25wD..12.3Fl/12.5Fr/12.6fr

Dominika ..5.24/ 4.09/2.39...25wD..15.0Bk/ 13.1fr

Danka..5.07/ 3.49/ 2.28..25wD..12.3Fr/13.5Bk

Evka.. 5.27/ 3.59/ 2.33..25wD...11.9Fr/

Megy.. 5.39/ 4.20/ 2.47.../strech.

Tábor St.juniori....4 týždne pred Multi/Graz

Streda ráno 13.3.24

Purpose.. distance Free AE2/ Total 5.5km

W up..0.5km/300 Swim/200 Antipaddl

Main set...5.1km/ 3x1700 IMO..wTransition

..1.fl/bk/IM 2.br/fr/IM 3.IM/free

1x200 IMO...25drill/25swim. @rest20"

1x200 IM wFins..@3.15

1x200 Free pul+paddl @3

1x200 IMO by25kick/25drill @rest 20"

1x200 IM build tempo+Fast Turn @3.15

1x200 Free pul+paddl @3

200 IMO wFins..strong 1.40

@Extra 30" rest

1x200 IM Faster than 1Rd/2Rd @3.15

1x100 Recovery 2

W down...200ez

Feedback..

3x1700 / v závere descent 200 IM :

Milan..2.31/2.27/2.24

Nikol...2.51/2.50/2.47/

Emka...2.48/2.50/2.50/

Dominika ..2.55/2.53/2.51

Danka..3.00/2.56/2.50/

Evka..2.54 /2.51/2.45

Megy.. 2.59/2.56/2.53

Tábor St.juniori....4 týždne pred Multi/Graz

Streda večer 13.3.24

Purpose.. distance FreeAE2/ Total 5.4km

W up....600..50 free/50 choice /50 free wFist

Pre set...1.8km

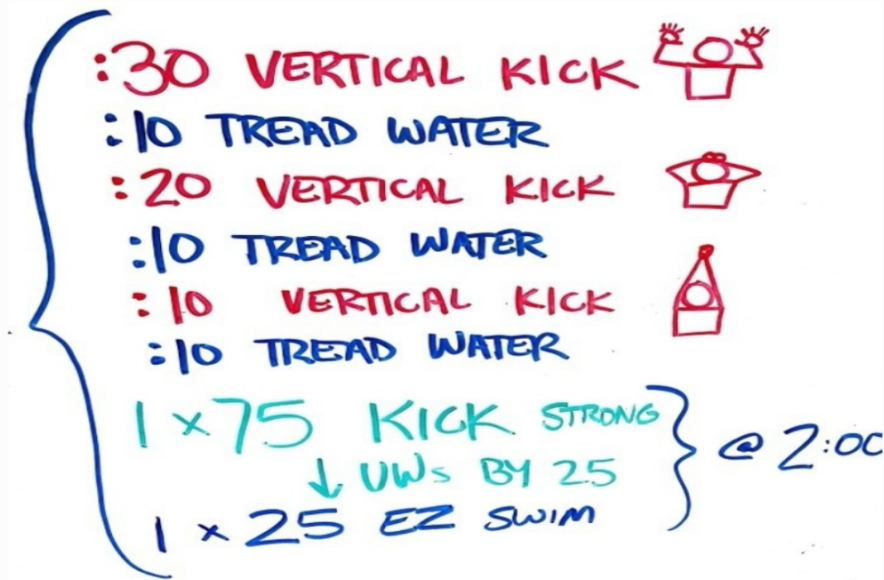
3x/ wFins / 1Rd fly/ 2Rd free/ 2Rd choice

2x50.4 fish kick+glide @rest10"

1x200 wSnorkel.. by 25 superman/swim

1x100 swim fast/ after Push12m D-kick uw

Vertikal kick/ NoFins:...1x40"+30"+20"+1x100kick



Main set.. 2.7km

1 x 200choice by25..drill/swim ez @ Rest 20

2 x 100free fast @ 1.25/1.30.. Rest 5

1 x 200choice by25.. drill/swim ez @ Rest 20

3 x 100free fast @ 1.25/1.30.. Rest 5

1 x 200choice by25.. drill/swim ez @ Rest 20

4 x 100free fast @ 1.25/1.30.. Rest 5

1 x 200choice by25.. drill/swim ez @ Rest 20

5 x 100free fast @ 1.25/1.30.. Rest 5

1 x 200 by25.. drill/swim ez @ Rest 20

6x50free/no free wDive @1.5'

W down...100 choice +20" "Star" wSnorkel

Feedback..

Milan...1.07/105/..

1.07/1.07/1.04/..

1.07/1.07/1.06/1.04/..

107/1.07/1.06/1.05/1.04 ...

Milan..25.4..4x25 full +75 ez + 1x50free wDive

Emka...29.8

Danka..27.9

Nikol...30.3

Megy..29.8

Dominika 30.7

Eva..strech.

Tábor St.juniori....4 týždne pred Multi/Graz

Štvrtok ráno 14.3.24

Purpose.. distance IM wAE2 effort/ Total 5.5km

W up...0.6km

1x600 wFins..choice 75 swim/ 25 scull

Pre set.. 0.6km

3x/4x50 Free @1'...

..1. 50 Smooth.. 25 noBreath/ 25 wFist+B3

..2. 50.. 25 Tarzan/25 superman

..3. 50.. 25 sprint wUW 12m (10 DK-UW)/25ez

..4. 50 Furukava.. 2 UW/1 surface

Main set...4km / 4x1000 IMO

1Rd Fly/ 2Rd Back/ 3Rd Breast/ 4Rd Free

1x300 ..by 50 Kick/Drill/Pull

1x400 wFins+Snorkel. 25 Stroke/25 Free/ 50 Kick

2x 150.. Rotating IM /transition @ Rest 20

1. fly/back/breast ..Akcent on Fly/ Turn+Uw+Breakout

2. back/breast/free ..full/desc Rd1-4

W down...0.3km/ 6x50 wFins.. UW @20"rest

Feedback..4x1000 IMO+ 2x150 /

.. 2. Bk/ Br/Fr..wTime:

Milan... 1.56/ 1.54/ 1.50/ 1.46

Emka... 2.07/ 2.05/ 2.05/2.03

Nikol... 2.04/ 2.03

Dominika... 2.10/ 2.05

Evka... 2.15/ 2.10

Danka... /2.15

Megy... /2.18

Main Set ...3-4x800/ 3.2km

4 x 150's fly, back, breast @ Rest 10

1x200 free all out

300 Warm Down

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Tábor St.juniori...4 týždne pred Multi/Graz

Piatok ráno 15.3.24

Purpose.. fly/back wAE2 ..AE3 effort/ Total 6km

W up...1x400 wFins 50free/25 noFree/25kick

Pre set...1km

10x100.. 50swim+efekt.tech/25 scull/25kick neg..aktív. kicking

..2xfree/1xstroke

Main set.. 3.6+1km

2x1800/

...1Rd fly/free

6x50 by25Fly/free (wBuket) wPull+Padll .. @55"/1'

15x100..by50 fly/free..100wFins AE2/5xnoF desc. ANAE @1.45/2'

...2Rd back

6x50 back (wBuket) wPull+Padll ..25 1Arm/25swim @50"/1'

15x100.. 10xAE/5xdesc. ANAE @1.35/1.45

1x400 wFins+Snorkel ..50free/25 superman/25kick

10x50kick fly/back.. desc 1-3 @1.15 ..25"rest

W down..100choice

Feedback...

Milan...15x100/5xdesc. @1.45 ..Time1.16/1.14

15x100/5xdesc. @1.40 ..Time1.15/1.10
10x50 D kick @1.15 .. Time Delphin 51/39
Back. 50/40

_____<_____<_____<_____<_____<_____

Tábor St.juniori...4 týždne pred Multi/Graz

Piatok večer 15.3.24

Purpose..Free wAE2 ..AE3 effort/ Total 6.0km

W up...1.6km/ 2x800

1x300 wFins 50free/50 fly zatahy/50fly on back

1x150..20cykles kick breast + other free

1x150..20cykles pul brest + other free

1x200..20cykles swim × other free

Main set...3.7km

1x400 wPullAE by 200free/back

4x100free desc @1.25(nie do max...aby udržal techniku

1x400wPad+Pull by 200fee/back

3x200free..1.efekt/2.neg./3.efekt/4.full

1x400wFins+Paddl by 200fee/back

2x400free 1.efekt/2.neg

1x400wPad+Pull by 200fee/back

6x50.. 50 (200p) wDive... 25sprint wDive/ 25ez @3'

1x400 wFins+Snorkel ..50free/25 superman/25kick

W down..200choice

Feedback...4x100free@1.25 1.30/ 3x200free@2.50 3.15/

2x400free.@5.15/ 6x50fr/25stroke@3'

Milan...1.09...1.04/ 2.23...2.19...2.13/ 4.47...4.38/ 26.2 /11.5fl/14.5br

Emka...1.20.../ 2.47.. 2.34/ 5.49..2.29/ 29.1/29.3/ 12.3fl

Nikol. 1.15... / 2.31..2.37/ 5.28...2.27/ 30.5/32.0/ 12.8fr

Megy...1.20. ./ 2.59. 2.55/ 7.09...2.48/ 31.0/ 12.6fr/16.8br

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Tábor St.juniori....3 týždne pred Multi/Graz

Sobotu ráno 16.3.24

Purpose..distance Brest/Back/AE2.AE3 effort/Total 5.8km

W up...300 choice

Pre set...1.8km...2x900/

1x300.. 1Rd IM kick/drill/swim.. 2Rd wPull free or back

6x100..Rotating IM.. wFins/ @ Rest 20"

1. 25fly/ 25back/50breast

2. back/breast/free

3. breast/ free/fly...

Main set..3.6m/ 3x/ 3x400

1/4Rd Breast

8x50...1. 3K1P/ 2K1P/ 1K1P

@1' 2. 2L ONLY/ 2R ONLY/ 2 LONG CYKLES

3. SMOOTH BR

4. 25 all out at RP/ 25ezFree

2/5Rd Breast/Free

1x200Breast/ Odds..drill 2-kick/Evens..neg.@15"

3x50 free.. odds Rd..w/paddles @0:45

1x50free.. full @1

3/6Rd Back/ Breast

1x200Back/ Odds wPull/ Evens..swim/neg @15"

3x50 Br wPaddl..by25swim/Flutter kick @1

1x50 Br.. full/ Golf ..score Time+CT @1

Warm down:..200ez fins

Feedback..4x50Breadt wPaddl. ... 4x25Breast

Milan.. 38.2br/28.5Fr. .. 17.2br

Nikol. 18.7br

Domina. 43br/34fr. 19.8 br

Emka

Megy

Tábor St.juniori....3 týždne pred Multi/Graz

Sobotu večer 16.3.24

Purpose..distance Free/AE2..AE3 effort/ Total 6.0km

W up..200choice

Pre set..0.8km

6x100 by25 kick/drill/swim/B7

1..Free/ 2..Back/3..fly

Main set...4.8km

4x50 @50"/ by25 1Arm..25swim+cyklle CT

1x400Free/smooth by 100.. cyklle CT / Fast Turn/ excellent UW

4x50free @50"/ by25 1Arm..25swim+cyklle CT

2x400Free/ smooth..neg @rest 20" DF .

1..by 100.. cyklle CT/ Fast Turn/ excellent UW/do all

2..wPaddl..by 100 negativ

4x50Back @50"/ by25 1Arm..25swim+cyklle CT

3x400Bk/Fr/ smooth..neg @rest 20"

1..fr/bk..by 100.. cyklle CT/ Fast Turn/ excellent UW/do all

2..free..wPull+Paddl..by 100 negativ

3..fr/bk..wFins+Paddl..by 100 negativ

4x50free @50"/ by25 1Arm..25swim+cyklle CT

3x400Free/ smooth..neg @rest 20"

1..fr/bk..wPull+Paddl..by 100 negativ

2..fr..wFins+Paddl..by 100 negativ

3 p..fr..pSwim..full/Time

6x100kick ..neg 50max.. od.. Free/ rv..Breast @ 2/2.15

W down.. 200choice

Feedback.. 4x400 free... ,, , +6x100kick full @2.15

Milan.. 5.09 /4.58wPad/ 4.59wPul/4.34full.....1.45kick free/1.35kick back

Nikol...5.32/5.30wPad/5.25wPull/5.07full.....1.42kick free/1.45kickbreast

Domina...5.34/5.26wPad/ 5.51wPull/5.12full..1.38kick free/1.38kick back

Emka...5.33/5.29wPad/5.25wPul/5.10full/.....1.47kick..free/1.39kick fly

Megy....o 100 menej...6.10 back..full.....1.55kick free/1.43kick free

Tábor St.juniori....3 týždne pred Multi/Graz

Nedeľa ráno 17.3.24

Purpose..distance IM/AE2.. effort/ Total 6.3km

W up..1.km

1x500..50fr/50 noFree

5x100 wFins+Snorkel.. 25kick/25IMO Drill @15rest

Pre set...1.2km/ 3x/400...IM+Free

2x100 IMO @rest 20"

1.25 fly/25back/50breast

2.50back/25brest/25free

1x200 wPaddl 1.Rd back/ 2.Rd free/ 3Rd free+Pull

Main set...3.6km/ 3x /2x600 IM

1.600..1x200 (4x50..25fly/25free @50")+400back

2.600..1x200 breast +400free

1RD..25kick/25Drill.. evens wFins

2Rd..Pull.. evens swim wFins

3.Rd..swim.. even swim wFins

W down... 6x50..20 UW +40 Fly w4DK@rest15

