

Week: 13  
 Datum: 26-mrt  
 Dag: Maandag

Tijdstip:  
 Accent: Mixed  
 Bijzonderheden: **Fuerta 50m bad**



|     | Opdracht   | Int.      | Start/rust    | Materiaal/aandachtspunt                         | Subtotaal |
|-----|--|-----------|---------------|---|-----------|
| Inz | 300 (50 keus- 25 dolfijnen)- 2 x 50 (25 scullen buik ri voeten- 25 bc a) | <b>Z1</b> | r. 5"         | <i>lichaamsspanning, recht naar de overkant</i> | 400       |
|     | 200 bc- 2 x 50 (25 scullen rug ri voeten- 25 bc a)- 100 bc a             | <b>Z1</b> | r. 5"         | <i>lichaamsspanning, recht naar de overkant</i> | 400       |
| K1  | 50 max hold  | <b>Z6</b> | st. 2.30      | <i>met start vanaf de kant</i>                  | 50        |
|     | 50 max   | <b>Z7</b> |               | <i>met start vanaf de kant</i>                  | 50        |
|     | 200 (25 rc- 25 bc)   | <b>Z1</b> |               |   | 200       |
|     | 2 x 50 (25 bc max- 25 keus Z1)   | <b>Z7</b> | st. 1.30      | <i>met start vanaf de kant</i>                  | 50        |
|     |  | <b>Z1</b> |               |   | 50        |
|     | 200 (25 rc- 25 bc)   | <b>Z1</b> |               |   | 200       |
|     | 2 x 50 (25 bc max- 25 keus Z1)   | <b>Z7</b> |               | <b>Sprintkoord (resistance)</b>                 | 50        |
|     |  | <b>Z1</b> |               |   | 50        |
| K2  | 5 x 100 bc a   | <b>Z1</b> | st. 1.30-1.45 |   | 500       |
|     | 3 x 100 bc a   | <b>Z2</b> | st. 1.30-1.45 |   | 300       |
|     | 2 x 100 bc a   | <b>Z3</b> | st. 1.30-1.45 |   | 200       |
|     | 5 x 100 bc   | <b>Z1</b> | st. 1.30-1.45 |   | 500       |
|     | 3 x 100 bc   | <b>Z2</b> | st. 1.30-1.45 |   | 300       |
|     | 2 x 100 bc   | <b>Z3</b> | st. 1.30-1.45 |   | 200       |
|     | 5 x 100 bc   | <b>Z1</b> | st. 1.30-1.45 | <b>Paddles</b>                                  | 500       |
|     | 3 x 100 bc   | <b>Z2</b> | st. 1.30-1.45 | <b>Paddles</b>                                  | 300       |
|     | 2 x 100 bc   | <b>Z3</b> | st. 1.30-1.45 | <b>Paddles</b>                                  | 200       |
|     |  |           |               |   |           |
| Uit | 200 keus   | <b>Z1</b> |               |   | 100       |

| Totaal |       |      | 4600 |
|--------|-------|------|------|
| Z1     | 63,0% | 2900 |      |
| Z2     | 19,6% | 900  |      |
| Z3     | 13,0% | 600  |      |
| Z4     | 0,0%  | 0    |      |
| Z5     | 0,0%  | 0    |      |
| Z6     | 1,1%  | 50   |      |
| Z7     | 3,3%  | 150  |      |

Week: 13

Tijdstip:

Datum: 27-mrt

Accent: Duur

Dag: Dinsdag

Bijzonderheden: **Fuerta 50m bad**

|     | Opdracht  | Int.   | Start/rust                                  | Materiaal/aandachtspunt        | Subtotaal                   |
|-----|---|--|---|--------------------------------|-----------------------------|
| Inz | 500 SPIKS<br>6 x 50 bc a                                    | <b>Z1</b><br><b>Z2</b>                           | st. 60"                                     | <b>Elastiek</b>                | 500<br>300                  |
| K1  | <b>3 Sets</b><br>400 bc a<br>400 bc<br>400 bc<br>2 x 100 bc | <b>Z1</b><br><b>Z1</b><br><b>Z1</b><br><b>Z2</b> | r. 30"<br>r. 30"<br>r. 30"<br>st. 1.30-1.40 | <b>Paddles</b>                 | 1200<br>1200<br>1200<br>600 |
| K2  | 2 x 50 (25 bc max- 25 keus Z1)                              | <b>Z7</b><br><b>Z1</b>                           | st. 2.00                                    | <i>met start vanaf de kant</i> | 50<br>50                    |
| Uit | 100 bc b  | <b>Z1</b>  |   |                                | 100                         |

| Totaal |       | 5200 |
|--------|-------|------|
| Z1     | 81,7% | 4250 |
| Z2     | 17,3% | 900  |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 0,0%  | 0    |
| Z7     | 1,0%  | 50   |

Week: 13

Tijdstip:

Datum: 28-mrt

Accent:

Dag: Woensdag

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: 13

Datum: 29-mrt

Dag: Donderdag

Tijdstip:

Accent: Duur

Bijzonderheden: **Fuerta 50m bad**



|     | Opdracht  | Int.      | Start/rust | Materiaal/aandachtspunt                 | Subtotaal |
|-----|---|-----------|------------|---|-----------|
| Inz | 300 (50 bc- 25 dolfijnen)- 200 ws- 300 (50 bc a- 25 bc b) | <b>Z1</b> | r. 5"      |   | 800       |
| K1  | 5 x 300 bc (275 Z1-25 Z2)                                 | <b>Z1</b> | r. 30"     | <i>laatste 25m iets meer frequentie</i> | 1375      |
|     |   | <b>Z2</b> |            |   | 125       |
|     | 600 bc  | <b>Z1</b> | r. 60"     | <b>Paddles</b>                          | 600       |
|     | 6 x 150 bc a  | <b>Z1</b> | r. 20"     |   | 900       |
|     | 600 bc  | <b>Z1</b> | r. 60"     | <b>Paddles</b>                          | 600       |
|     | 6 x 100 (25 vl- 75 bc)                                    | <b>Z1</b> | r. 15"     |   | 600       |
| K2  | 2 x 50 (25 bc max- 25 keus Z1)                            | <b>Z7</b> | st. 2.00   | <i>met start vanaf de kant</i>          | 50        |
|     |   | <b>Z1</b> |            |   | 50        |
| Uit | 100 bc b  | <b>Z1</b> |            |   | 100       |

|               |             |
|---------------|-------------|
| <b>Totaal</b> | <b>5200</b> |
|---------------|-------------|

|    |       |      |
|----|-------|------|
| Z1 | 96,6% | 5025 |
| Z2 | 2,4%  | 125  |
| Z3 | 0,0%  | 0    |
| Z4 | 0,0%  | 0    |
| Z5 | 0,0%  | 0    |
| Z6 | 0,0%  | 0    |
| Z7 | 1,0%  | 50   |

Week: 13

Datum: 30-mrt

Dag: Vrijdag

Tijdstip:

Accent: Mixed

Bijzonderheden: **Fuerta 50m bad**



|                | Opdracht      | Int.      | Start/rust  | Materiaal/aandachtspunt    | Subtotaal |
|----------------|---------------|-----------|-------------|----------------------------|-----------|
| Inz            | 500 keus      | <b>Z1</b> |             |                            | 500       |
| K1             | <b>2 Sets</b> |           |             |                            |           |
|                | 4 x 50 bc a   | <b>Z2</b> | st. 55"-60" | <i>Elastiek</i>            | 400       |
|                | 100 bc a      | <b>Z1</b> |             |                            | 200       |
|                | 6 x 50 bc a   | <b>Z3</b> | st. 55"-60" | <i>Elastiek</i>            | 600       |
|                | 100 bc a      | <b>Z1</b> |             |                            | 200       |
|                | 4 x 50 bc a   | <b>Z2</b> | st. 55"-60" | <i>Elastiek</i>            | 400       |
|                | 800 bc        | <b>Z1</b> |             |                            | 1600      |
|                | 50 bc max     | <b>Z7</b> | st. 2.30    | <i>Sprintkoord (speed)</i> | 100       |
| 50 bc max hold | <b>Z6</b>     |           |             | 100                        |           |
| 400 bc         | <b>Z1</b>     |           |             | 800                        |           |
| Uit            | 100 bc b      | <b>Z1</b> |             |                            | 100       |

| Totaal |       | 5000 |
|--------|-------|------|
| Z1     | 68,0% | 3400 |
| Z2     | 16,0% | 800  |
| Z3     | 12,0% | 600  |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 2,0%  | 100  |
| Z7     | 2,0%  | 100  |

Week: 13

Datum: 31-mrt

Dag: Zaterdag

Tijdstip:

Accent:

Bijzonderheden: **Reisdag**

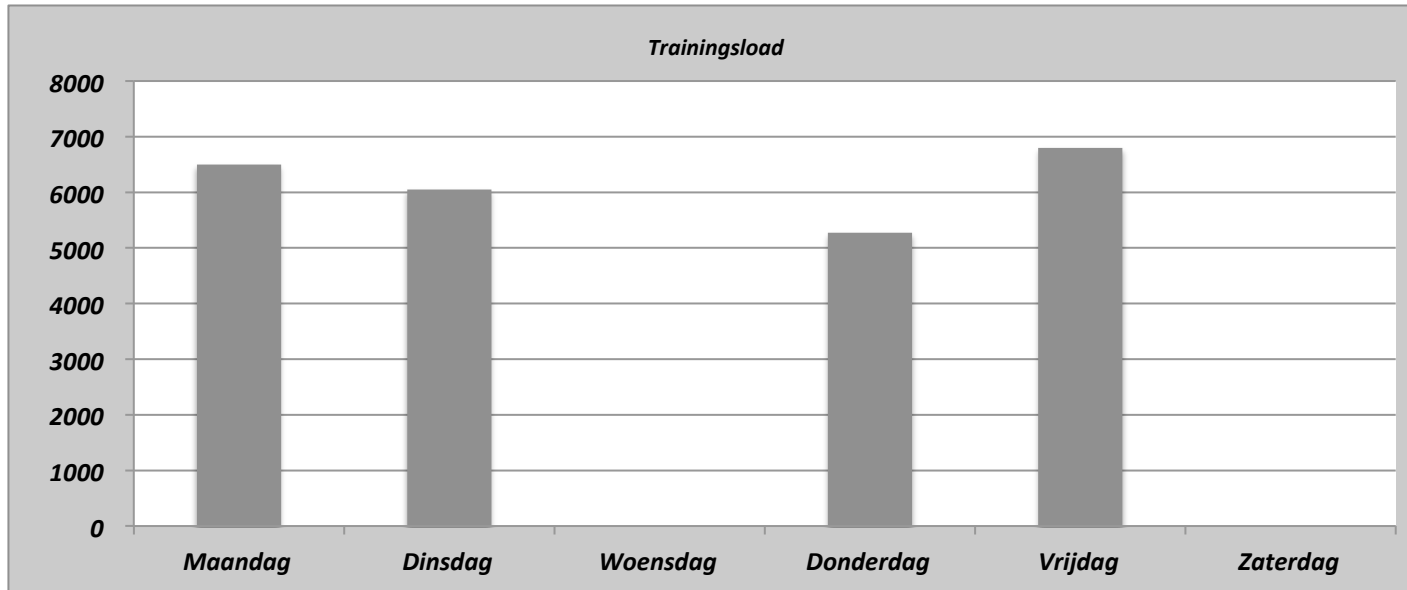


|  | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|--|----------|------|------------|-------------------------|-----------|
|  |          |      |            |                         |           |

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

# Overzicht

week: 13



| Totaal meters |       | 20000 |
|---------------|-------|-------|
| Z1            | 77,9% | 15575 |
| Z2            | 13,6% | 2725  |
| Z3            | 6,0%  | 1200  |
| Z4            | 0,0%  | 0     |
| Z5            | 0,0%  | 0     |
| Z6            | 0,8%  | 150   |
| Z7            | 1,8%  | 350   |

| % van totale omvang   meters |       |      |
|------------------------------|-------|------|
| Wetsuit                      | 0,0%  | 0    |
| Paddles                      | 17,0% | 3400 |
| Elastiek                     | 8,5%  | 1700 |
| Propeller                    | 0,0%  | 0    |

