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| Week: 12 | Tijdstip: 07.00 - 08.45 |
| Datum: 18-mrt | Accent: Mixed |
| Dag: Maandag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|---|-------------------------------------|-------------------------|--|--------------------------|
| Inz | 6 x 100 keus ± 400 individuele invulling 2 x 50 bc max hold | Z1 Z1 Z6 | st. 1.30 | <i>iedere 100m iets anders</i> <i>focus aanbrengen voor de kern</i> <i>met start vanaf de kant</i> | 600 400 100 |
| K1 | 4 (4 x 200 bc) als volgt: 1 x 200 1 x 200 1 x 200 1 x 200 | Z1 Z1 Z1 | st. 2.50/2.55/3.00/3.15 | <i>Doeltijd Gr 1. > 2.36/Gr 2. 2.40/Gr 3. 2.44/Gr 4. 3.00</i> <i>Gr 1. 2.18-2.23/Gr 2. 2.22-2.28/Gr 3. 2.28-2.34/Gr 4. 2.48-2.52</i> <i>Doeltijd Gr 1. > 2.36/Gr 2. 2.40/Gr 3. 2.44/Gr 4. 3.00</i> <i>Gr 1. < 2.16/Gr 2. < 2.22/Gr 3. < 2.28/Gr 4. < 2.46</i> | 800 800 800 800 |
| K2 | 6 x 50 bc 8 x 25 bc a | Z1 Z2 | r. 10" st. 30" | Paddles Propeller Elastiek | 300 200 |
| Uit | 4 x 50 keus | Z1 | | <i>telkens met start vanaf de kant</i> | 200 |

| Totaal | | 5000 |
|--------|-------|------|
| Z1 | 62,0% | 3100 |
| Z2 | 4,0% | 200 |
| Z3 | 16,0% | 800 |
| Z4 | 16,0% | 800 |
| Z5 | 0,0% | 0 |
| Z6 | 2,0% | 100 |
| Z7 | 0,0% | 0 |

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|---------------|-------------------------|
| Week: 12 | Tijdstip: 07.00 - 08.45 |
| Datum: 19-mrt | Accent: Duur |
| Dag: Dinsdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|------------------------------|------|------------|--------------------------------------|-----------|
| Inz | 500 SPIKS | Z1 | | | 500 |
| | ± 400 individuele invulling | Z1 | | <i>focus aanbrengen voor de kern</i> | 400 |
| K1 | 2 Sets | | | | |
| | 1000 bc | Z1 | r. 60" | Paddles | 2000 |
| | 1000 bc a | Z1 | r. 60" | Snorkel | 2000 |
| | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 100 |
| | | Z7 | | | 100 |
| | 800 (100 bc- 100 ws) | Z1 | r. 60" | | 1600 |
| | 8 x 25 bc a | Z2 | st. 30" | Elastiek | 400 |
| Uit | 100 keus | Z1 | | | 100 |

| Totaal | | 7200 |
|--------|-------|------|
| Z1 | 93,1% | 6700 |
| Z2 | 5,6% | 400 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 1,4% | 100 |

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| Week: 12 | Tijdstip: 07.00 - 08.45 |
| Datum: 20-mrt | Accent: Duur met snelheid |
| Dag: Woensdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|---------------------------------|-----------|---------------|--|-----------|
| Inz | 300 (50 bc- 25 dolfijnen) | Z1 | | | 300 |
| | 8 x 25 bc a | Z2 | st. 30" | Elastiek | 200 |
| | 300 (50 bc a- 25 bc b) | Z1 | | | 300 |
| K1 | 4 x 50 (20 bc max- 30 rc) | Z7 | st. 1.15 | <i>start/afzet van de kant/diepwater start/afzet van de kant</i> | 60 |
| | | Z1 | | | 140 |
| | 8 x 100 (25 vl- 75 bc) | Z1 | r. 10" | | 800 |
| | 2 x 100 (50 bc max- 50 keus Z1) | Z6 | | <i>met start vanaf de kant</i> | 100 |
| | | Z1 | | | 100 |
| | 4 x 200 bc | Z1 | st. 3.00-3.10 | Paddles | 800 |
| | 4 x 25 bc max | Z7 | st. 45" | | 100 |
| | 400 (25 rc- 75 bc) | Z1 | | | 400 |
| | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 50 |
| | | Z7 | | | 50 |
| Uit | 100 keus | Z1 | | | 100 |

| Totaal | | 3500 |
|--------|-------|------|
| Z1 | 85,4% | 2990 |
| Z2 | 5,7% | 200 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 2,9% | 100 |
| Z7 | 6,0% | 210 |

| Week: 12 | | Tijdstip: 07.00 - 08.45 | | | |
|----------------|---|--------------------------------|------------|---|------------|
| Datum: 21-mrt | | Accent: Duur | | | |
| Dag: Donderdag | | Bijzonderheden: Wetsuit | | | |
| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
| Inz | 300 (50 bc- 25 rc) 4 x 50 (25 hondjes kort- 25 bc) | Z1 Z1 | r. 5" | Wetsuit Wetsuit Paddles Snorkel hoge elleboog plaatsen | 300 200 |
| K1 | 800 bc | Z1 | r. 60" | Wetsuit Paddles Snorkel | 800 |
| | 800 bc | Z2 | r. 60" | Wetsuit | 800 |
| | 600 bc | Z1 | r. 60" | Wetsuit Paddles Snorkel | 600 |
| | 600 bc | Z2 | | Wetsuit | 600 |
| | ****WETSUIT ZO SNEL MOGELIJK UITTREKKEN**** | | | | |
| K2 | 600 (25 vl- 25 rc- 250 bc) | Z1 | r. 60" | | 600 |
| | 600 bc a | Z1 | r. 60" | | 600 |
| | 400 bc | Z1 | r. 60" | Paddles | 400 |
| | 400 bc a | Z1 | | | 400 |
| Uit | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 50 |
| | | Z7 | | | 50 |

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|---------------|-------|-------------|
| Totaal | | 5400 |
| Z1 | 73,1% | 3950 |
| Z2 | 25,9% | 1400 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 0,9% | 50 |

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| Week: 12 | Tijdstip: 13.45 - 15.00 uur |
| Datum: 22-mrt | Accent: Mixed |
| Dag: Vrijdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|----------------------|-----------|---------------|---|-----------|
| Inz | 500 keus | Z1 | | | 500 |
| | 2 x 50 bc max hold | Z6 | st. 2.00 | <i>met start vanaf de kant</i> | 100 |
| | 100 keus | Z1 | | | 100 |
| K1 | 400 bc | | st. 5.45/6.00 | <i>Doeltijd Gr 2. 5.04-5.16 / Gr 3. 5.16-5.26</i> | 400 |
| | 400 bc | | st. 5.45/6.00 | <i>Doeltijd Gr 2. 4.52-4.58/ Gr 3. 5.04-5.12</i> | 400 |
| | 400 bc | | st. 6.15/6.30 | <i>Doeltijd Gr 2. < 4.48 / Gr 3. < 5.00</i> | 400 |
| | 2 x 200 bc | | st. 3.00/3.05 | Paddles Gr 2. 2.31-2.35/Gr 3. 2.37-2.41 | 400 |
| | 2 x 200 bc | | st. 3.00/3.05 | Paddles Gr 2. 2.22-2.28/Gr 3. 2.28-2.34 | 400 |
| | 2 x 200 bc | | st. 3.00/3.05 | Paddles Gr 2. < 2.22/Gr 3. < 2.28 | 400 |
| | 200 (25 rc- 25 keus) | Z1 | | | 200 |
| | 12 x 25 bc a | Z4 | st. 25"-30" | Elastiek | 300 |
| Uit | 200 keus | Z1 | | | 200 |

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| Totaal | 3800 |
|---------------|-------------|

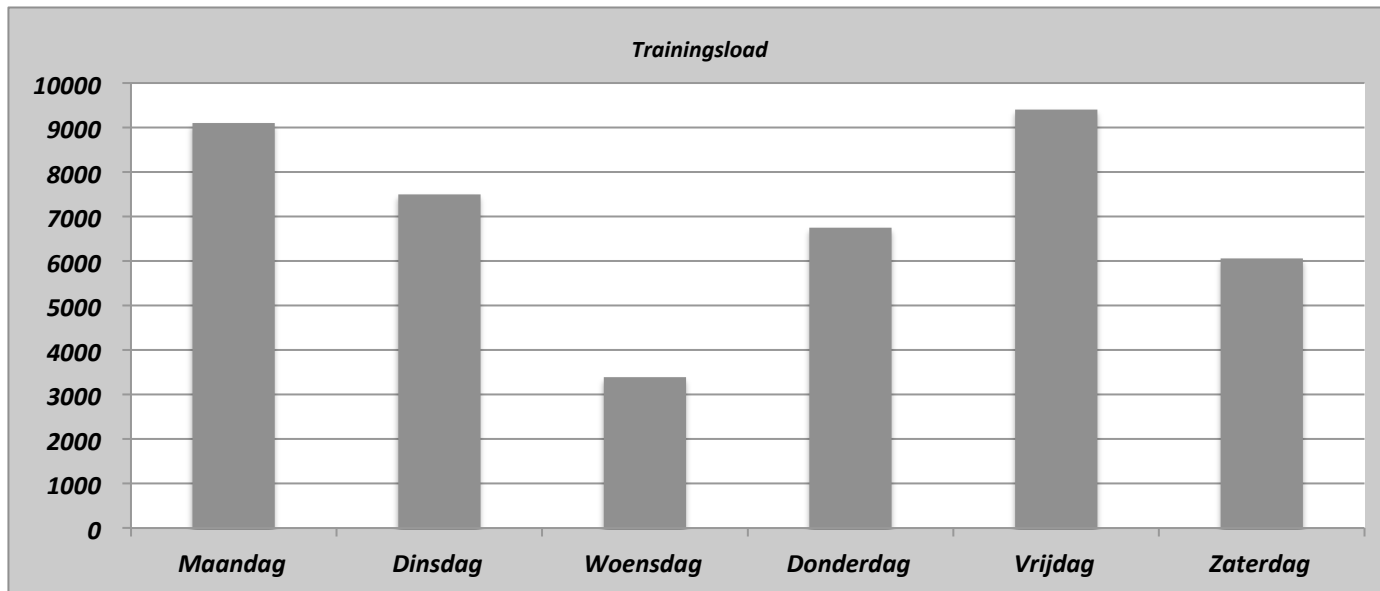
| | | |
|----|-------|------|
| Z1 | 26,3% | 1000 |
| Z2 | 21,1% | 800 |
| Z3 | 21,1% | 800 |
| Z4 | 28,9% | 1100 |
| Z5 | 0,0% | 0 |
| Z6 | 2,6% | 100 |
| Z7 | 0,0% | 0 |

| | |
|---------------|-------------------------|
| Week: 12 | Tijdstip: 07.00 - 08.30 |
| Datum: 23-mrt | Accent: Duur/kracht |
| Dag: Zaterdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-------------|---|-------------|-----------------|--------------------------------------|-----------|
| Inz | 2 (100 hs- 100 a- 100 b) | Z1 | | | 600 |
| | ± 400 individuele invulling | Z1 | | <i>focus aanbrengen voor de kern</i> | 400 |
| K1 | 200 bc | Z1 | r. 30" | Paddles Propeller | 200 |
| | 150 bc | Z2 | r. 30" | Paddles Propeller | 150 |
| | 100 bc | Z3 | r. 30" | Paddles Propeller | 100 |
| | 150 bc | Z2 | r. 30" | Paddles Propeller | 150 |
| | 200 bc | Z1 | r. 30" | Paddles Propeller | 200 |
| | 400 (25 vl- 75 bc- 25 rc- 75 bc- 25 ss- 75 bc- 25 waterpolo- 75 bc) | Z1 | r. 30" | | 400 |
| | 400 bc a | Z1 | | | 400 |
| | 8 x 50 (25 bc Z3- 25 keus Z1) | Z3 | st. 1.00 | Sprintkoord (resistance) | 200 |
| | | Z1 | | | 200 |
| | 400 (25 vl- 75 bc- 25 rc- 75 bc- 25 ss- 75 bc- 25 waterpolo- 75 bc) | Z1 | r. 30" | | 400 |
| 400 bc a | Z1 | | | 400 | |
| 4 x 50 bc a | Z1 | st. 50"-60" | Elastiek | 200 | |
| 4 x 50 bc a | Z2 | st. 50"-60" | Elastiek | 200 | |
| 4 x 50 bc a | Z3 | st. 50"-60" | Elastiek | 200 | |
| Uit | 4 x 50 (10 max- 40 Z1 keus) | Z7 | | <i>telkens met start</i> | 40 |
| | | Z1 | | | 160 |

| Totaal | | 4600 |
|--------|-------|------|
| Z1 | 77,4% | 3560 |
| Z2 | 10,9% | 500 |
| Z3 | 10,9% | 500 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 0,9% | 40 |

Overzicht week: 12



| Totaal meters | | 29500 |
|---------------|-------|-------|
| Z1 | 72,2% | 21300 |
| Z2 | 11,9% | 3500 |
| Z3 | 7,1% | 2100 |
| Z4 | 6,4% | 1900 |
| Z5 | 0,0% | 0 |
| Z6 | 1,0% | 300 |
| Z7 | 1,4% | 400 |

| % van totale omvang meters | | |
|------------------------------|-------|------|
| Wetsuit | 11,2% | 3300 |
| Paddles | 24,1% | 7100 |
| Elastiek | 5,8% | 1700 |
| Propeller | 3,7% | 1100 |

