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|---------------|---|
| Week: 15 | Tijdstip: 07.00 - 08.45 |
| Datum: 08-apr | Accent: Mixed |
| Dag: Maandag | Bijzonderheden: Atleten die Korschenbroich gelopen hebben alles Z1/Z2! |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|--|-----------|-------------------------|---|-----------|
| Inz | 300 (50 bc- 25 rc b)- 200 (25 bc- 25 rc)- 100 bc fartlek | Z1 | r. 5" | | 550 |
| | ± 400 individuele invulling | Z6 | | | 50 |
| | | Z1 | | <i>focus aanbrengen voor de kern</i> | 400 |
| K1 | 3 Sets | | | | |
| | 3 x 100 bc | | st. 1.25/1.30/1.35/1.40 | < 1.06 / < 1.09 / < 1.12 / < 1.18 | 900 |
| | 400 bc | | r. 30" | 4.40-4.44 / 4.48-4.54 / 5.04-5.10 / 5.40-5.46 | 1200 |
| | 600 bc a | Z1 | r. 60" | | 1800 |
| Uit | 100 bc b | Z1 | | | 100 |

| Totaal | | 5000 |
|--------|-------|------|
| Z1 | 57,0% | 2850 |
| Z2 | 0,0% | 0 |
| Z3 | 24,0% | 1200 |
| Z4 | 18,0% | 900 |
| Z5 | 0,0% | 0 |
| Z6 | 1,0% | 50 |
| Z7 | 0,0% | 0 |

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|---------------|-------------------------|
| Week: 15 | Tijdstip: 07.00 - 08.45 |
| Datum: 09-apr | 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 | 2400 als volgt: | Z7 | | <i>beginnen met start en iedere 400m eruit klimmen en induiken</i> | 90 |
| | (15 bc max- 335 bc Z1- 25 vl Z1- 25 rc Z1) | Z1 | | | 2310 |
| | 8 x 200 bc a | Z1 | st. 2.55-3.15 | Paddles | 1600 |
| | 8 x 150 (25 vl- 25 rc- 100 bc) | Z1 | r. 15" | | 1200 |
| | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 50 |
| | | Z7 | | | 50 |
| | 8 x 50 bc a | Z2 | st. 50"-60" | Elastiek focus op ritme en frequentie | 400 |
| Uit | 100 keus | Z1 | | | 100 |

| Totaal | | 6700 |
|--------|-------|------|
| Z1 | 91,9% | 6160 |
| Z2 | 6,0% | 400 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 2,1% | 140 |

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|---------------|---------------------------|
| Week: 15 | Tijdstip: 07.00 - 08.45 |
| Datum: 10-apr | Accent: Duur met snelheid |
| Dag: Woensdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|--|-----------|---------------|---|-----------|
| Inz | 6 x 100 | Z1 | | <i>iedere 100m iets anders</i> | 600 |
| | 3 x 50 (25 scullen voor- 25 bc a) | Z1 | r. 5" | Snorkel <i>zover mogelijk water pakken</i> | 150 |
| | 3 x 50 (25 scullen buik ri voeten- 25 bc a) | Z1 | r. 5" | Snorkel <i>schouders openen en lichaamsspanning</i> | 150 |
| | 3 x 50 (25 scullen midden- 25 bc a) | Z1 | r. 5" | Snorkel <i>hoge elleboog</i> | 150 |
| | 3 x 50 (25 scullen rug ri voeten- 25 bc a) | Z1 | r. 5" | <i>schouders openen en lichaamsspanning</i> | 150 |
| K1 | 2 Sets | | | | |
| | 50 (15 bc max- keus Z1) | Z7 | st. 1.30 | | 30 |
| | | Z1 | | | 70 |
| | 100 (25 bc max hold- 25 rc- 50 bc) | Z6 | st. 2.00 | <i>met start vanaf de kant</i> | 50 |
| | | Z1 | | | 150 |
| | 200 (50 bc max hold- 25 rc- 125 bc) | Z6 | st. 4.00 | <i>met start vanaf de kant</i> | 100 |
| | | Z1 | | | 300 |
| | 200 (50 bc max hold- 25 bc max- 125 keus Z1) | Z6 | st. 45" | <i>50 max hold met start vanaf de kant, start 45", 25 bc max</i> | 100 |
| | | Z7 | | | 50 |
| | | Z1 | | | 250 |
| | 5 x 100 bc | Z1 | st. 1.30-1.40 | Paddles <i>controle in de slag dus veel druk op de paddles</i> | 1000 |
| Uit | 100 bc b | Z1 | | | 100 |

| Totaal | | 3400 |
|--------|-------|------|
| Z1 | 90,3% | 3070 |
| Z2 | 0,0% | 0 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 7,4% | 250 |
| Z7 | 2,4% | 80 |

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| Week: 15 | Tijdstip: 07.00 - 08.45 |
| Datum: 11-apr | Accent: Duur |
| Dag: Donderdag | Bijzonderheden: Wetsuit |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|---|-----------|------------|--|-----------|
| Inz | 1000 (75 bc- 25 hondjes kort- 75 bc- 25 hondjes lang) | Z1 | | Wetsuit hoge elleboog ondanks "weerstand" wetsuit | 1000 |
| K1 | 4 x 400 bc | Z1 | r. 30" | Wetsuit Snorkel 1ste = 300 Z1 - 100 Z2 | 1200 |
| | | Z2 | | Wetsuit Snorkel 2de = 200 Z1 - 100 Z2 - 100 Z1 | 400 |
| | 4 x 400 bc | Z1 | r. 30" | Wetsuit Paddles 3de = 100 Z1 - 100 Z2 - 200 Z1 | 1200 |
| | | Z2 | | Wetsuit Paddles 4de = 100 Z2 - 300 Z1 | 400 |
| | ****WETSUIT ZO SNEL MOGELIJK UITTREKKEN**** | | | | |
| K2 | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 50 |
| | | Z7 | | | 50 |
| | 1000 als volgt: (225 bc- 25 vl- 225 bc- 25 rc- 225 bc- 25 ss- 225 bc- 25 waterpolo bc) | Z1 | | | 1000 |
| Uit | 100 bc b | Z1 | | | 100 |

| Totaal | | 5400 |
|--------|-------|------|
| Z1 | 84,3% | 4550 |
| Z2 | 14,8% | 800 |
| 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: 15 | Tijdstip: 13.45 - 15.00 uur |
| Datum: 12-apr | 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, voorbereiding op de kern</i> | 100 |
| | 200 keus | Z1 | | | 200 |
| K1 | 100 bc max | Z5 | st. 1.30 | <i>met start vanaf de kant</i> | 100 |
| | 3 x 200 bc | Z3 | st. 2.45/2.50/2.55/3.20 | 2.16-2.18 / 2.20-2.24 / 2.26-2.30 / 2.48-2.52 | 600 |
| | 25 bc max | Z7 | st. 30" | | 25 |
| | 3 x 200 bc | Z3 | st. 2.45/2.50/2.55/3.20 | 2.16-2.18 / 2.20-2.24 / 2.26-2.30 / 2.48-2.52 | 600 |
| | 25 bc max | Z7 | st. 30" | | 25 |
| | 3 x 200 bc | Z3 | st. 2.45/2.50/2.55/3.20 | 2.16-2.18 / 2.20-2.24 / 2.26-2.30 / 2.48-2.52 | 600 |
| | 25 bc max | Z7 | st. 30" | | 25 |
| 8 x 100 bc | Z4 | st. 1.25/1.30/1.35/1.40 | < 1.05 / < 1.09 / < 1.12 / < 1.20 | 800 | |
| Uit | 125 keus | Z1 | | | 125 |

| Totaal | | | 3700 |
|--------|-------|------|------|
| Z1 | 22,3% | 825 | |
| Z2 | 0,0% | 0 | |
| Z3 | 48,6% | 1800 | |
| Z4 | 21,6% | 800 | |
| Z5 | 2,7% | 100 | |
| Z6 | 2,7% | 100 | |
| Z7 | 2,0% | 75 | |

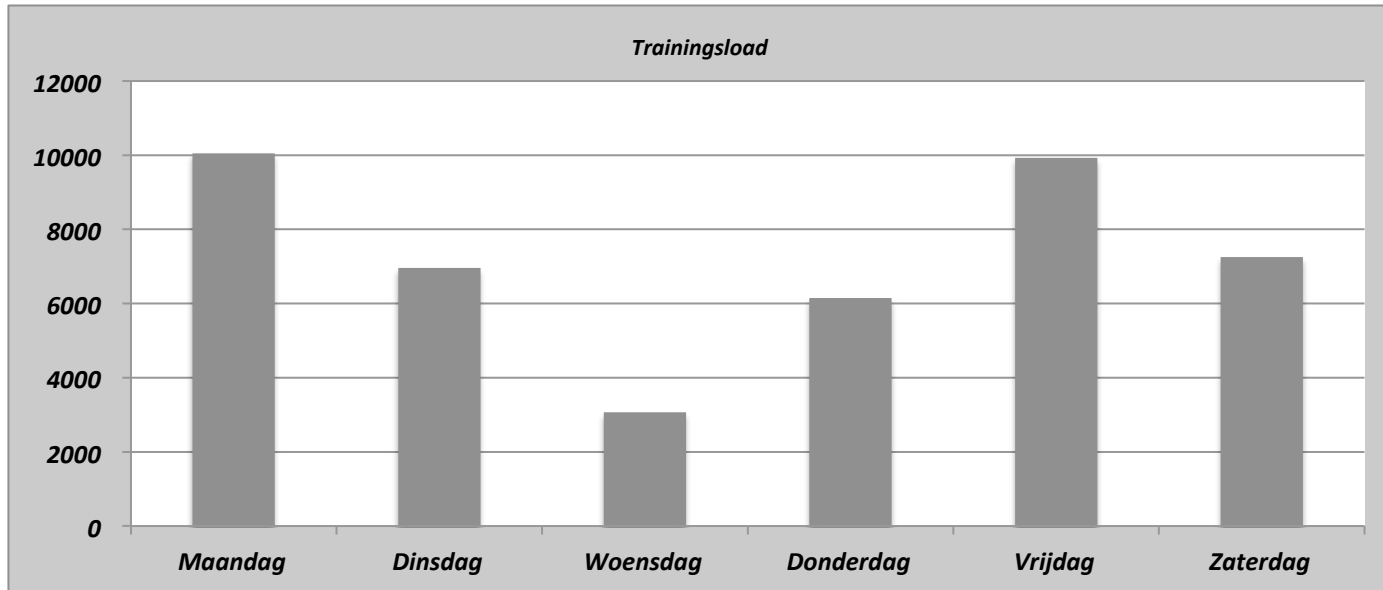
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|---------------|-------------------------|
| Week: 15 | Tijdstip: 07.00 - 08.30 |
| Datum: 13-apr | Accent: Duur |
| Dag: Zaterdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|--|-----------|-------------|--------------------------------------|-----------|
| Inz | 100 bc- 250 ws- 100 bc b- 250 ws- 100 bc b fartlek | Z1 | r. 5" | | 750 |
| | ± 400 individuele invulling | Z6 | | | 50 |
| | | Z1 | | <i>focus aanbrengen voor de kern</i> | 400 |
| K1 | 2 Sets | | | | |
| | 2 x 100 bc | Z1 | r. 20" | Paddles Propeller | 400 |
| | 4 x 75 bc | Z2 | r. 20" | Paddles Propeller | 600 |
| | 5 x 50 bc | Z3 | r. 20" | Paddles Propeller | 500 |
| | 2 (100 bc- 100 ws) | Z1 | | | 400 |
| | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 100 |
| | | Z7 | | | 100 |
| | 2 (100 bc- 100 ws) | Z1 | | | 400 |
| | 4 x 50 bc a | Z2 | st. 55"-60" | Elastiek | 400 |
| | 8 x 25 bc a | Z3 | st. 30" | Elastiek | 400 |
| Uit | 100 keus | Z1 | | | 100 |

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| Totaal | 4600 |
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| Z1 | 55,4% | 2550 |
| Z2 | 21,7% | 1000 |
| Z3 | 19,6% | 900 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 1,1% | 50 |
| Z7 | 2,2% | 100 |

Overzicht week: 15



| Totaal meters | | 28800 |
|---------------|-------|-------|
| Z1 | 69,5% | 20005 |
| Z2 | 7,6% | 2200 |
| Z3 | 13,5% | 3900 |
| Z4 | 5,9% | 1700 |
| Z5 | 0,3% | 100 |
| Z6 | 1,6% | 450 |
| Z7 | 1,5% | 445 |

| % van totale omvang meters | | |
|------------------------------|-------|------|
| Wetsuit | 14,6% | 4200 |
| Paddles | 19,8% | 5700 |
| Elastiek | 4,2% | 1200 |
| Propeller | 5,2% | 1500 |

