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| Week: 39 | Tijdstip: 14.00 - 15.30 |
| Datum: 23-sep | Accent: Mixed |
| Dag: Maandag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----------|--|-----------|-------------------|-------------------------|-----------|
| Inz | 600 (50 bc- 25 dolfijnen- 50 bc- 25 andere slag) | Z1 | | | 600 |
| K1 | 3 x 50 (25 scullen voor- 25 bc a) | Z1 | r. 10" | Snorkel | 150 |
| | 3 x 50 (25 scullen trekfase- 25 bc a) | Z1 | r. 10" | Snorkel | 150 |
| | 6 x 50 bc a | Z2 | st. 50"-55" | Elastiek | 300 |
| | 2 x 100 (25 hondjes kort- 25 bc- 25 hondjes lang- 25 bc) | Z1 | r. 10" | Snorkel Paddles | 200 |
| | 2 x 100 (25 hondjes kort- 25 bc- 25 hondjes lang- 25 bc) | Z1 | r. 10" | Snorkel | 200 |
| | 6 x 50 bc a | Z3 | st. 50"-55" | Elastiek | 300 |
| | 100 ows | Z1 | | | 100 |
| K1 | 8 x 50 bc | | st. 45" | 32"-33" / 34"-35" | 400 |
| | 1 x 50 bc max hold | Z6 | st. 45" | | 50 |
| | 3 x 50 bc | | st. 45" | 34"-35" / 36"-37" | 150 |
| | 6 x 50 bc | | st. 45" | 32"-33" / 34"-35" | 300 |
| | 1 x 50 bc max hold | Z6 | st. 45" | | 50 |
| | 3 x 50 bc | | st. 45" | 34"-35" / 36"-37" | 150 |
| | 4 x 50 bc | | st. 45" | 32"-33" / 34"-35" | 200 |
| | 1 x 50 bc max hold | Z6 | st. 45" | | 50 |
| 3 x 50 bc | | st. 45" | 34"-35" / 36"-37" | 150 | |
| | 500 bc a | Z1 | | Snorkel Paddles | 500 |
| Uit | 100 keus | Z1 | | | 100 |

| Totaal | | 4100 |
|--------|-------|------|
| Z1 | 48,8% | 2000 |
| Z2 | 7,3% | 300 |
| Z3 | 18,3% | 750 |
| Z4 | 22,0% | 900 |
| Z5 | 0,0% | 0 |
| Z6 | 3,7% | 150 |
| Z7 | 0,0% | 0 |

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|---------------|-------------------------|
| Week: 39 | Tijdstip: 07.00 - 08.45 |
| Datum: 24-sep | 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 | 700 bc a | Z1 | r. 60" | | 700 |
| | 700 (100 ws- 600 bc) | Z1 | r. 60" | | 700 |
| | 700 bc | Z1 | r. 60" | Paddles | 700 |
| | 700 (200 ws- 500 bc) | Z1 | r. 60" | | 700 |
| | 700 bc a | Z1 | r. 60" | | 700 |
| | 700 (300 ws- 300 bc) | Z1 | | | 700 |
| Uit | 2 x 100 (25 bc max- 75 keus) | Z7 | | | 50 |
| | | Z1 | | | 150 |

| Totaal | | 5300 |
|--------|-------|------|
| Z1 | 99,1% | 5250 |
| Z2 | 0,0% | 0 |
| 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: 39 | Tijdstip: 07.00 - 08.45 |
| Datum: 25-sep | Accent: Duur met snelheid |
| Dag: Woensdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|---------------|-----------------------------------|---------------|---|---|-----------|
| Inz | 6 x 100 | Z1 | | <i>iedere 100m afwisselen</i> | 600 |
| K1 | 4 x 50 (15 bc 'spinnen'- 35 keus) | Z7 | st. 1.10 | <i>bc 'spinnen' = slagfrequentie > 60 sl/min</i> | 60 |
| | | Z1 | | | 140 |
| | 50 bc max hold | Z6 | | <i>met start vanaf de kant</i> | 50 |
| | 400 bc a | Z1 | r. 30" | | 400 |
| | 400 bc | Z1 | r. 30" | Paddles | 400 |
| | 400 bc a | Z1 | | Snorkel | 400 |
| | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 50 |
| | | Z7 | | | 50 |
| | 50 bc max hold | Z6 | | <i>met start vanaf de kant</i> | 50 |
| | 4 x 150 bc a | Z1 | st. 2.15-2.30 | Snorkel | 600 |
| 6 x 100 bc | Z1 | st. .130-1.40 | Paddles | 600 | |
| 6 x 25 bc max | Z7 | | Sprintkoord (speed) met tweetallen aan 1 sprintkoord | 150 | |
| Uit | 50 keus | Z1 | | | 50 |

| Totaal | | 3600 |
|--------|-------|------|
| Z1 | 90,0% | 3240 |
| Z2 | 0,0% | 0 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 2,8% | 100 |
| Z7 | 7,2% | 260 |

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|----------------|-------------------------|
| Week: 39 | Tijdstip: 14.00 - 15.30 |
| Datum: 26-sep | Accent: Mixed |
| Dag: Donderdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|----------------------|-----------|---------------|---|-----------|
| Inz | 400 keus | Z1 | | | 400 |
| | 2 x 50 bc a | Z1 | st. 50"-55" | Elastiek | 100 |
| | 2 x 50 bc a | Z2 | st. 50"-55" | Elastiek | 100 |
| | 2 x 50 bc a | Z3 | st. 50"-55" | Elastiek | 100 |
| | 2 x 50 bc a | Z2 | st. 50"-55" | Elastiek | 100 |
| | 2 x 50 bc a | Z1 | st. 50"-55" | Elastiek | 100 |
| | 200 keus | Z1 | | | 200 |
| K1 | 4 x 50 bc max | Z5 | st. 45" | <i>Atleten die in 2019 niet meer racen = 2 x 50 bc max st. 1.30</i> | 200 |
| | 200 (25 rc- 25 keus) | Z1 | | | 200 |
| | 5 x 100 bc | | st. 1.30-1.40 | <i>> 1.17 / > 1.19 / > 1.21</i> | 500 |
| | 5 x 100 bc | | st. 1.30-1.40 | <i>1.14-1.16 / 1.16-1.18 / 1.18-1.20</i> | 500 |
| | 5 x 100 bc | | st. 1.30-1.40 | <i>1.11-1.13 / 1.13-1.15 / 1.15-1.17</i> | 500 |
| | 5 x 100 bc | | st. 1.30-1.40 | <i>1.08-1.10 / 1.10-1.12 / 1.12-1.14</i> | 500 |
| | 5 x 100 bc | Z1 | r. 15" | Snorkel Paddles zo min mogelijk slagen per baan maken | 500 |
| Uit | 100 bc b | Z1 | | | 100 |

| Totaal | | 4100 |
|--------|-------|------|
| Z1 | 51,2% | 2100 |
| Z2 | 17,1% | 700 |
| Z3 | 14,6% | 600 |
| Z4 | 12,2% | 500 |
| Z5 | 4,9% | 200 |
| Z6 | 0,0% | 0 |
| Z7 | 0,0% | 0 |

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|---------------|-------------------------|
| Week: 39 | Tijdstip: 14.00 - 15.00 |
| Datum: 27-sep | Accent: Herstel |
| Dag: Vrijdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|---|-----------|------------|--|-----------|
| Inz | 250 ows- 100 bc b- 250 ws | Z1 | | | 600 |
| K1 | 500 als volgt: (25 scull voor-25 bc-25 scull midden-25 bc-25 scull trekfase- 375 bc) | Z1 | r. 60" | Snorkel | 500 |
| | 500 als volgt: (25 scull voor-25 bc-25 scull midden-25 bc-25 scull trekfase- 375 bc) | Z1 | r. 60" | Snorkel Paddles zo min mogelijk slagen maken tijdens bc | 500 |
| | 5 x 100 (ws- bc- ws- bc- ws) | Z1 | r. 10" | | 500 |
| | 300 (25 hondjes kort- 25 bc- 25 hondjes lang- 225 bc) | Z1 | r. 30' | Snorkel | 300 |
| | 300 (25 hondjes kort- 25 bc- 25 hondjes lang- 225 bc) | Z1 | r. 30' | Snorkel Paddles | 300 |
| | 3 x 100 (ws- bc- ws- bc- ws) | Z1 | r. 10" | | 300 |
| Uit | 4 x 50 keus | Z1 | | <i>met start vanaf de kant</i> | 200 |

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| Totaal | 3200 |
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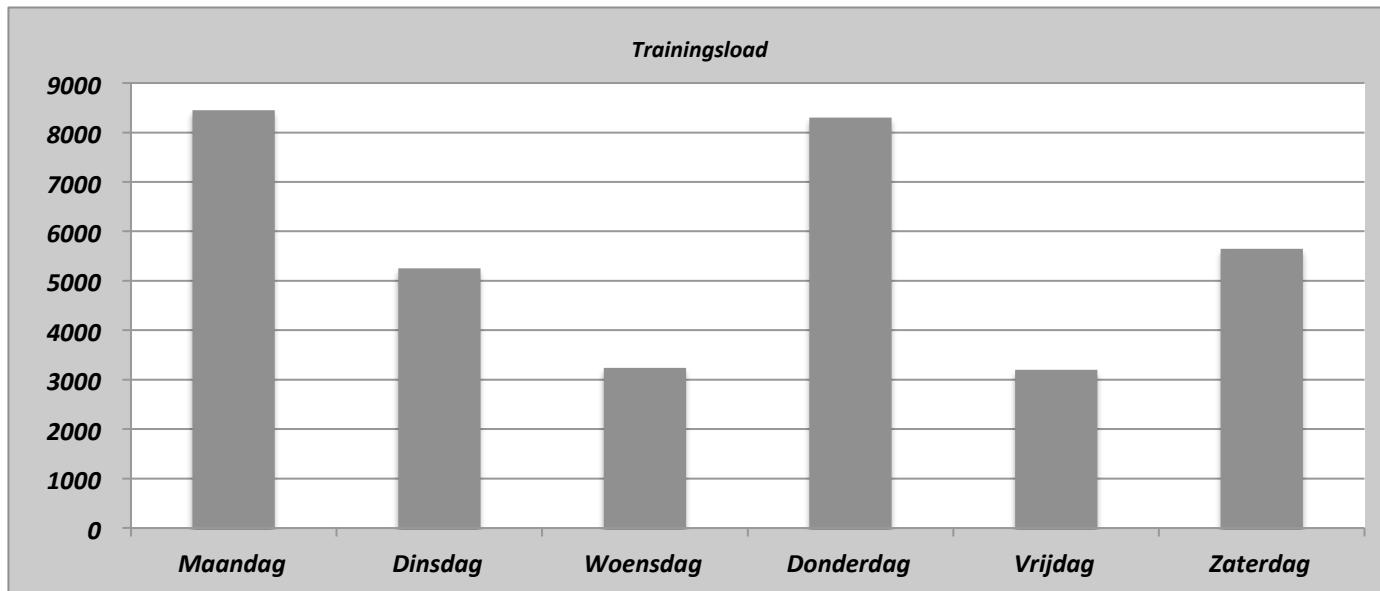
| | | |
|----|--------|------|
| Z1 | 100,0% | 3200 |
| Z2 | 0,0% | 0 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 0,0% | 0 |

| | |
|---------------|-------------------------|
| Week: 39 | Tijdstip: 07.00 - 08.30 |
| Datum: 28-sep | Accent: Duur/kracht |
| Dag: Zaterdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|---|------|---------------|--|-----------|
| Inz | 200 bc- 200 ss/rc- 200 bc a- 200 rc/dolfijnen | Z1 | | | 800 |
| K1 | 2 x 300 (25 vl- 25 bc max- 250 bc Z1) | Z1 | r. 30" | <i>vl = doorzwemmen zonder te veel te pushen</i> | 550 |
| | | Z7 | | | 50 |
| | 4 x 200 bc a | Z1 | st. 3.00-3.20 | Snorkel Paddles | 800 |
| | 10 x 50 bc a | Z3 | st. 55"-60" | Elastiek | 500 |
| | 4 x 200 bc | Z1 | r. 20" | Paddles Propeller | 800 |
| | 2 x 300 (125 bc- 25 vl- 75 bc- 25 vl- 25 bc- 25 vl) | Z1 | r. 30" | | 600 |
| | 100 bc max | Z5 | | <i>met start vanaf de kant</i> | 100 |
| Uit | 100 keus | Z1 | | | 100 |

| Totaal | | 4300 |
|--------|-------|------|
| Z1 | 84,9% | 3650 |
| Z2 | 0,0% | 0 |
| Z3 | 11,6% | 500 |
| Z4 | 0,0% | 0 |
| Z5 | 2,3% | 100 |
| Z6 | 0,0% | 0 |
| Z7 | 1,2% | 50 |

Overzicht week: 39



| Totaal meters | | 24600 |
|---------------|-------|-------|
| Z1 | 79,0% | 19440 |
| Z2 | 4,1% | 1000 |
| Z3 | 7,5% | 1850 |
| Z4 | 5,7% | 1400 |
| Z5 | 1,2% | 300 |
| Z6 | 1,0% | 250 |
| Z7 | 1,5% | 360 |

| % van totale omvang meters | | |
|------------------------------|-------|------|
| Wetsuit | 0,0% | 0 |
| Paddles | 21,5% | 5300 |
| Elastiek | 6,5% | 1600 |
| Propeller | 3,3% | 800 |

