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| Week: 18 | Tijdstip: 14.00 - 15.30 uur |
| Datum: 03-mei | Accent: Mixed |
| Dag: Maandag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|------------|--|---------------|---|---|-----------|
| Inz | 300 (50 bc- 25 rc)- 100 bc b- 2 x 100 ws- 100 rc b | Z1 | | | 700 |
| | 400 individuele invulling | Z1 | | | 400 |
| K1 | 2 x 100 (20 bc 'spinnen'- 80 keus Z1)- 100 bc b | Z7 | st. 2.00 | | 40 |
| | | Z1 | | | 260 |
| | 2 x 100 (25 bc max hold- 75 keus Z1)- 100 bc b | Z6 | st. 2.00 | met start vanaf de kant | 50 |
| | | Z1 | | | 250 |
| | 2 x 100 (50 bc max hold- 50 keus Z1)- 100 bc b | Z6 | st. 2.30 | met start vanaf de kant | 100 |
| | | Z1 | | | 200 |
| | 400 bc | Z1 | r. 30" | Snorkel Paddles | 400 |
| | 400 bc a | Z1 | r. 30" | Snorkel | 400 |
| | 400 bc | Z1 | | | 400 |
| | 4 x 100 bc | | st. 1.30-1.35 | Gr 1. 1.11-1.13 Gr 2. 1.16-1.19 Gr 3. 1.17-1.19 | 400 |
| 4 x 100 bc | | st. 1.30-1.35 | Gr 1. 1.08-1.10 Gr 2. 1.11-1.14 Gr 3. 1.14-1.16 | 400 | |
| 4 x 100 bc | | st. 1.30-1.35 | Gr 1. 1.06-1.08 Gr 2. 1.09-1.11 Gr 3. 1.12-1.14 | 400 | |
| Uit | 200 keus | Z1 | | | 200 |

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|--------|-------|------|
| Totaal | | 4600 |
| Z1 | 69,8% | 3210 |
| Z2 | 8,7% | 400 |
| Z3 | 8,7% | 400 |
| Z4 | 8,7% | 400 |
| Z5 | 0,0% | 0 |
| Z6 | 3,3% | 150 |
| Z7 | 0,9% | 40 |

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|---------------|--|
| Week: 18 | Tijdstip: 09.00 - 11.00 uur |
| Datum: 04-mei | Accent: Duur |
| Dag: Dinsdag | Bijzonderheden: Inzwemmen en K1 met WETSUIT! |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|---|------|------------|---|-----------|
| Inz | 500 (75 bc- 25 rc) | Z1 | | Wetsuit | 500 |
| | 2 x 200 (25 scull- 25 bc- 25 scull- 25 bc- 25 hond kort- 75 bc) | Z1 | | Wetsuit Snorkel 1ste scull = voor - 2de scull = trekfase | 400 |
| K1 | 600 bc | Z1 | r. 30" | Wetsuit | 600 |
| | 400 bc | Z1 | r. 30" | Wetsuit Paddles | 400 |
| | 600 bc | Z1 | | Wetsuit | 600 |
| K2 | 3 (100 ws- 100 bc) | Z1 | r. 10" | | 900 |
| Uit | 4 x 50 (25 bc b Z2- 25 bc b Z1) | Z2 | st. 1.20 | | 100 |
| | | Z1 | | | 100 |

| Totaal | | | 3600 |
|--------|-------|------|------|
| Z1 | 97,2% | 3500 | |
| Z2 | 2,8% | 100 | |
| Z3 | 0,0% | 0 | |
| Z4 | 0,0% | 0 | |
| Z5 | 0,0% | 0 | |
| Z6 | 0,0% | 0 | |
| Z7 | 0,0% | 0 | |

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| Week: 18 | Tijdstip: 09.00 - 11.00 uur |
| Datum: 05-mei | Accent: Duur met sprints |
| Dag: Woensdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|--|------|---------------|--------------------------------|-----------|
| Inz | 600 keus | Z1 | | | 600 |
| K1 | 3 x 100 (20 bc 'spinnen'- 80 keus Z1) | Z7 | st. 1.45 | | 60 |
| | | Z1 | | | 240 |
| | 2 x 200 (50 bc max hold- 50 rc/srs- 100 bc Z1) | Z6 | st. 4.00 | <i>met start vanaf de kant</i> | 100 |
| | | Z1 | | | 300 |
| | 5 x 200 bc a | Z1 | st. 3.00-3.10 | Snorkel | 1000 |
| | 5 x 200 (50 vl 2 li arm : 2 re arm : 2 hs- 150 bc) | Z1 | st. 3.05-3.15 | | 1000 |
| | | Z1 | | | |
| | 2 x 50 (25 bc Z1- 25 bc max) | Z1 | | Sprintkoord (speed) | 50 |
| | | Z7 | | | 50 |
| | 2 x 100 (25 bc max- 75 keus Z1) | Z7 | | <i>met start vanaf de kant</i> | 50 |
| | | Z1 | | | 150 |
| Uit | 100 bc b | Z1 | | | 100 |

| Totaal | | 3700 |
|--------|-------|------|
| Z1 | 93,0% | 3440 |
| Z2 | 0,0% | 0 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 2,7% | 100 |
| Z7 | 4,3% | 160 |

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| Week: 18 | Tijdstip: 14.00 - 15.30 uur |
| Datum: 06-mei | Accent: Mixed |
| Dag: Donderdag | Bijzonderheden: |

| | Opricht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|----------------------------|------|-------------|--|-----------|
| Inz | 500 SPIKS | Z1 | | | 500 |
| | 400 individuele invulling | Z1 | | | 400 |
| K1 | 2 Sets | | | | |
| | 8 x 50 bc | | st. 45"-50" | 500m doeltijd zondag : 10 = doeltijd vandaag | 800 |
| | 100 rc/srs- 100 bc b | Z1 | | | 400 |
| | 3 (2 x 100 bc- 1 x 100 ws) | Z1 | r. 10" | | 1800 |
| Uit | 100 keus | Z1 | | | 100 |

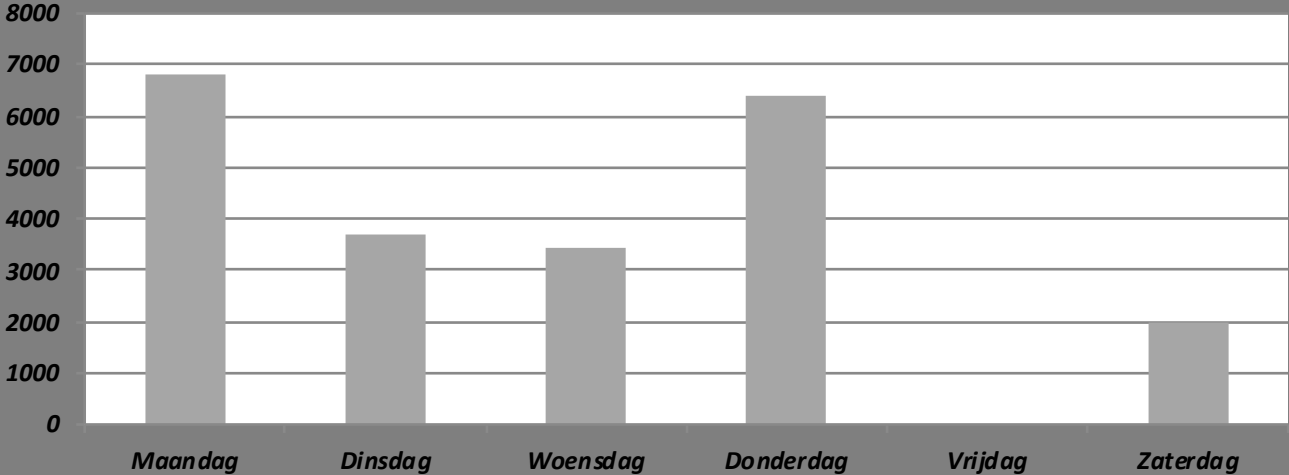
| Totaal | | 4000 |
|--------|-------|------|
| Z1 | 80,0% | 3200 |
| Z2 | 0,0% | 0 |
| Z3 | 0,0% | 0 |
| Z4 | 20,0% | 800 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 0,0% | 0 |

Week: 18 Tijdstip:
 Datum: 07-mei Accent:
 Dag: Vrijdag Bijzonderheden:

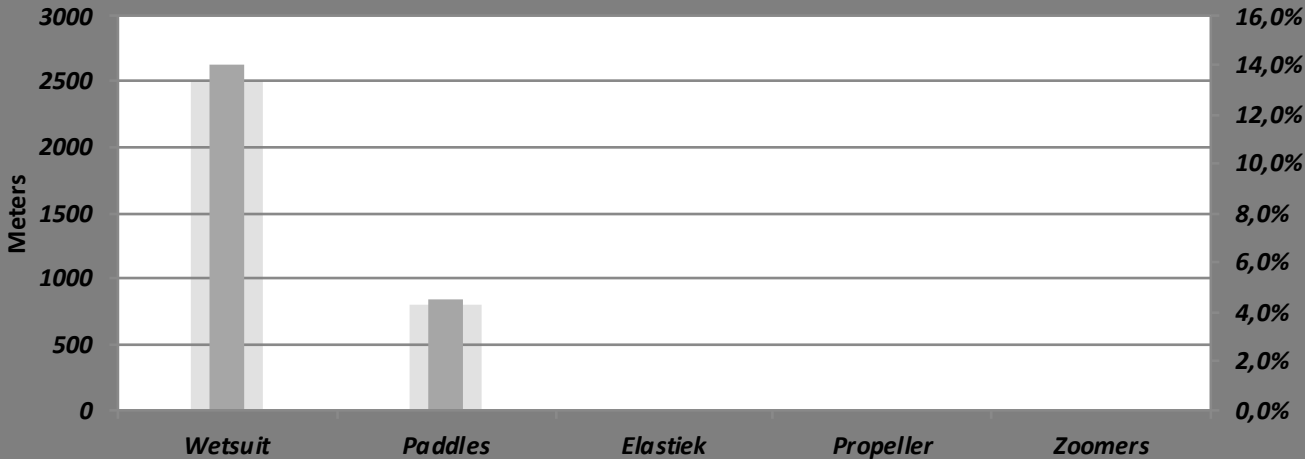
| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|--|----------|------|------------|-------------------------|-----------|
| | | | | | |

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

Trainingsload



| Totaal meters | | 17900 | |
|---------------|-------|-------|--|
| Z1 | 85,8% | 15350 | |
| Z2 | 2,8% | 500 | |
| Z3 | 2,2% | 400 | |
| Z4 | 6,7% | 1200 | |
| Z5 | 0,0% | 0 | |
| Z6 | 1,4% | 250 | |
| Z7 | 1,1% | 200 | |



| % van totale omvang meters | | |
|------------------------------|-------|------|
| Wetsuit | 14,0% | 2500 |
| Paddles | 4,5% | 800 |
| Elastiek | 0,0% | 0 |
| Propeller | 0,0% | 0 |
| Zoomers | 0,0% | 0 |