

|               |                             |
|---------------|-----------------------------|
| Week: 19      | Tijdstip: 14.00 - 15.30 uur |
| Datum: 10-mei | Accent: Herstel/duur        |
| Dag: Maandag  | Bijzonderheden:             |

|     | Opdracht                                   | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|--|------|------------|-------------------------|-----------|
| Inz | 300 (50 bc- 25 rc)- 300 (50 bc a- 25 bc b) | Z1   |            |                         | 600       |
|     | 6 x 50 (25 scullen keus- 25 bc a)          | Z1   | r. 5"      |                         | 300       |
| K1  | 6 x 100 bc                                 | Z1   | r. 10"     | <i>Paddles Snorkel</i>  | 600       |
|     | 100 ws                                     | Z1   |            |                         | 100       |
|     | 6 x 100 bc a                               | Z1   | r. 10"     |                         | 600       |
|     | 100 bc b                                   | Z1   |            |                         | 100       |
|     | 6 x 100 bc                                 | Z1   | r. 10"     |                         | 600       |
|     | 100 ws                                     | Z1   |            |                         | 100       |
|     | 6 x 100 bc                                 | Z1   | r. 10"     | <i>Paddles Snorkel</i>  | 600       |
| Uit | 4 x 50 (25 bc b Z2- 25 bc b Z1)            | Z2   | r. 20"     |                         | 100       |
|     |  | Z1   |            |                         | 100       |

|               |       |             |
|---------------|-------|-------------|
| <b>Totaal</b> |       | <b>3800</b> |
| Z1            | 97,4% | 3700        |
| Z2            | 2,6%  | 100         |
| Z3            | 0,0%  | 0           |
| Z4            | 0,0%  | 0           |
| Z5            | 0,0%  | 0           |
| Z6            | 0,0%  | 0           |
| Z7            | 0,0%  | 0           |

|               |  |
|---------------|--|
| Week: 19      | Tijdstip: 09.00 - 11.00 uur                  |
| Datum: 11-mei | Accent: Duur                                 |
| Dag: Dinsdag  | Bijzonderheden: Inzwemmen en K1 met WETSUIT! |

|             | Opdracht  | Int. | Start/rust  | Materiaal/aandachtspunt             | Subtotaal |
|-------------|---|------|-------------|-------------------------------------|-----------|
| Inz         | 300 (50 bc- 25 rc)                                | Z1   |             | Wetsuit                             | 300       |
|             | 4 x 100 (25 hondjes kort- 25 hondjes lang- 50 bc) | Z1   | r. 10"      | Wetsuit Snorkel                     | 400       |
| K1          | 800 bc  | Z1   | r. 60"      | Wetsuit                             | 800       |
|             | 2 x 400 bc  | Z1   | r. 30"      | Wetsuit Paddles Snorkel             | 800       |
|             | 4 x 50 (25 bc max hold- 25 rc Z1)                 | Z6   | st. 1.20    | Wetsuit 2 x met start vanaf de kant | 100       |
|             |   | Z1   |             | Wetsuit                             | 100       |
| K2          | 4 x 200 bc a                                      | Z1   | r. 20"      |                                     | 800       |
|             |   | Z1   | r. 10"      |                                     | 800       |
|             | 8 x 100 bc  | Z6   | st. 1.20    |                                     | 50        |
|             |   | Z1   |             |                                     | 50        |
|             | 2 x 50 (25 bc b max hold- 25 rc Z1)               | Z2   | st. 50"-55" | Elastiek                            | 300       |
| 6 x 50 bc a |   |      |             |                                     |           |
| Uit         | 100 keus  | Z1   |             |                                     | 100       |

| Totaal |       | 4600 |
|--------|-------|------|
| Z1     | 90,2% | 4150 |
| Z2     | 6,5%  | 300  |
| Z3     | 0,0%  | 0    |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 3,3%  | 150  |
| Z7     | 0,0%  | 0    |

| Week: 19      |   | Tijdstip: 09.00 - 11.00 uur                       |            |   |           |
|---------------|---|---|------------|---|-----------|
| Datum: 12-mei |   | Accent: Duur met sprints / Mixed (atleten Caorle) |            |   |           |
| Dag: Woensdag |   | Bijzonderheden:                                   |            |   |           |
|               | Opdracht                                    | Int.  | Start/rust | Materiaal/aandachtspunt   | Subtotaal |
| Inz           | 300 (50 bc- 25 rc)- 300 (50 bc a- 25 bc b)  | Z1  |            |   | 600       |
|               | 400 individuele invulling                   | Z1  |            |   | 400       |
| K1            | <b>Atleten CC Caorle</b>                    |   |            |   |           |
|               | 4 x 50 (25 bc "makkelijk hard"- 25 keus Z1) | Z6  | st. 1.15   |   |           |
|               |   | Z1  |            |   |           |
|               | 200 bc a                                    | Z1  |            |   |           |
|               | 4 x 100 b                                   | Z2  | st. 1.35   | <i>Op gevoel opbouwen en iets ruimere starttijd om wel de spanning op de armen te zetten maar geen vermoeidheid op te bouwen!</i> |           |
|               | 4 x 100 b                                   | Z3  | st. 1.35   |   |           |
|               | 4 x 100 b                                   | Z4  | st. 1.35   |   |           |
|               | 4 x 100 b                                   | Z4  | st. 1.35   |   |           |
|               | <b>Atleten zonder raceweekend</b>           |   |            |   |           |
|               | 4 x 50 (25 bc "makkelijk hard"- 25 keus Z1) | Z6  | st. 1.15   |   | 100       |
|               |   | Z1  |            |   | 100       |
|               | 200 bc a                                    | Z1  |            |   | 200       |
|               | 2 x 50 (25 bc Z1- 25 bc max)                | Z1  |            | <i>Sprintkoord (speed)</i>  | 50        |
|               |   | Z7  |            |   | 50        |
|               | 50 bc max hold                              | Z6  |            | <i>met start vanaf de kant</i>  | 50        |
|               | 8 x 150 bc                                  | Z1  | r. 15"     | <i>Paddles Snorkel</i>  | 1200      |
|               | 2 x 50 (25 bc Z1- 25 bc max)                | Z1  |            | <i>Sprintkoord (speed)</i>  | 50        |
|               |   | Z7  |            |   | 50        |
|               | 50 bc max hold                              | Z6  |            | <i>met start vanaf de kant</i>  | 50        |
|               | 8 x 150 bc a                                | Z1  | r. 15"     |   | 1200      |
|               | 100 "makkelijk hard"                        |   |            | <i>met start vanaf de kant</i>  | 100       |
| Uit           | 200 keus                                    | Z1  |            | <b>Totaal atleten CC Caorle 2800m</b>   | 200       |

| Totaal |       |      | 4400 |
|--------|-------|------|------|
| Z1     | 90,9% | 4000 |      |
| Z2     | 0,0%  | 0    |      |
| Z3     | 0,0%  | 0    |      |
| Z4     | 2,3%  | 100  |      |
| Z5     | 0,0%  | 0    |      |
| Z6     | 4,5%  | 200  |      |
| Z7     | 2,3%  | 100  |      |

|                |                             |
|----------------|-----------------------------|
| Week: 19       | Tijdstip: 14.00 - 15.30 uur |
| Datum: 13-mei  | Accent: Mixed               |
| Dag: Donderdag | Bijzonderheden:             |

|     | Opdracht                                       | Int. | Start/rust    | Materiaal/aandachtspunt   | Subtotaal |
|-----|--|------|---------------|---|-----------|
| Inz | 800 keus                                       | Z1   |               | Zelf voorbereiden op de set, incl techniekoeff, sprints,...               | 800       |
| K1  | 10 x 100 bc                                    |      | st. 1.25-1.30 | Gr 1. 1.11-1.13   Gr 2. 1.16-1.19   Gr 3. 1.17-1.19                       | 1000      |
|     | 10 x 100 bc                                    |      | st. 1.25-1.30 | Gr 1. 1.08-1.10   Gr 2. 1.11-1.14   Gr 3. 1.14-1.16                       | 1000      |
|     | 10 x 100 bc                                    |      | st. 1.25-1.30 | Gr 1. 1.06-1.08   Gr 2. 1.09-1.11   Gr 3. 1.12-1.14                       | 1000      |
|     | 400 (25 rc- 25 bc- 25 srs- 25 bc- 300 keus Z1) | Z1   |               |   | 400       |
|     | 8 x 50 bc a                                    | Z2   | st. 50"-55"   | <b>Elastiek</b> ondanks opgebouwde vermoeidheid focus op rimte/frequentie | 400       |
| Uit | 100 keus                                       | Z1   |               |   | 100       |

| Totaal |       | 4700 |
|--------|-------|------|
| Z1     | 27,7% | 1300 |
| Z2     | 29,8% | 1400 |
| Z3     | 21,3% | 1000 |
| Z4     | 21,3% | 1000 |
| Z5     | 0,0%  | 0    |
| Z6     | 0,0%  | 0    |
| Z7     | 0,0%  | 0    |

|               |                             |
|---------------|-----------------------------|
| Week: 19      | Tijdstip: 09.00 - 11.00 uur |
| Datum: 14-mei | Accent: Herstel             |
| Dag: Vrijdag  | Bijzonderheden:             |

|     | Opdracht  | Int.     | Start/rust | Materiaal/aandachtspunt  | Subtotaal  |
|-----|---|----------|------------|--|------------|
| Inz | 400 (50 bc- 25 dolfinen- 25 rc)- 200 (25 bc b zij- 25 b keus)<br>8 x 25 ss ow | Z1<br>Z1 | st. 45"    | zo ontspannen mogelijk blijven onderwater                                  | 600<br>200 |
| K1  | 4 x 150 (25 vl 1 arm- 25 rc- 100 bc)  | Z1       | r. 15"     |  | 600        |
|     | 4 x 75 (25 bc b li zij- 25 bc b re zij- 25 bc)                                | Z1       | r. 10"     | bc b zij = 1 arm voor-1 arm plafond, gebruik de voorste arm als steunarm   | 300        |
|     | 4 x 100 bc a  | Z1       | r. 10"     | <b>Snorkel</b>   | 400        |
|     | 4 x 75 (25 bc b zij- 25 bc- 25 bc b zij)                                      | Z1       | r. 10"     | <b>Snorkel</b> bc b zij = idem maar iedere 4" dmv 1 armslag wissel van zij | 300        |
|     | 4 x 100 bc a  | Z1       | r. 10"     |  | 400        |
| Uit | 100 keus  | Z1       |            |  | 100        |

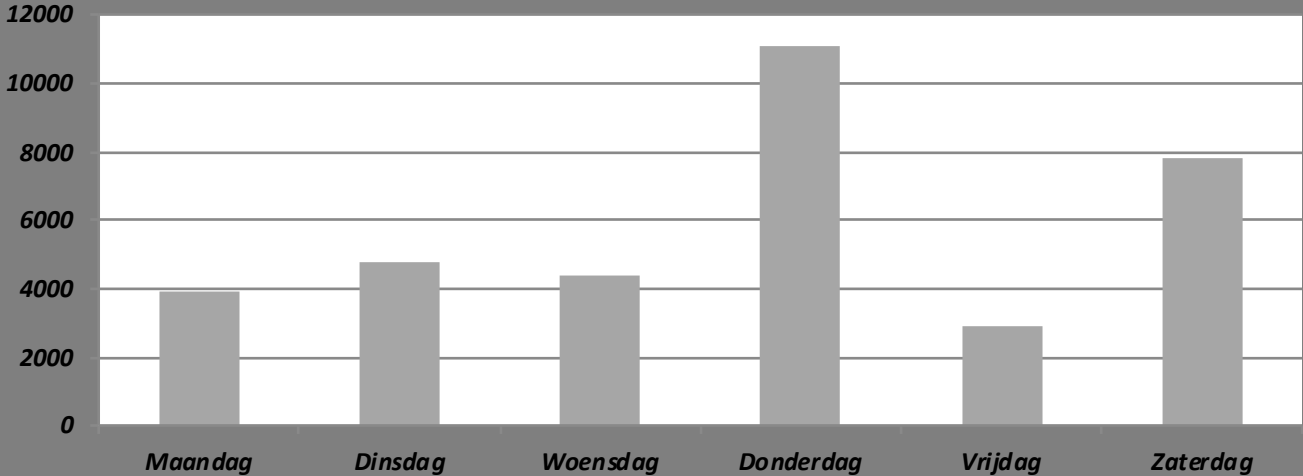
|        |        |      |
|--------|--------|------|
| Totaal |        | 2900 |
| Z1     | 100,0% | 2900 |
| Z2     | 0,0%   | 0    |
| Z3     | 0,0%   | 0    |
| Z4     | 0,0%   | 0    |
| Z5     | 0,0%   | 0    |
| Z6     | 0,0%   | 0    |
| Z7     | 0,0%   | 0    |

|               |                             |
|---------------|-----------------------------|
| Week: 19      | Tijdstip: 07.00 - 08.30 uur |
| Datum: 15-mei | Accent: Duur/kracht         |
| Dag: Zaterdag | Bijzonderheden:             |

|     | Opdracht                    | Int. | Start/rust  | Materiaal/aandachtspunt  | Subtotaal |
|-----|-----------------------------|------|-------------|--|-----------|
| Inz | 500 SPIKS                   | Z1   |             |  | 500       |
|     | 4 x 25 bc max hold          | Z6   | st. 45"     |  | 100       |
|     | 400 individuele invulling   | Z1   |             |  | 400       |
| K1  | 400 (25 bc Z3- 25 bc/rc Z1) | Z3   | r. 30"      | <b>Sprintkoord</b> (resistance) 500m = zonder pauze                | 200       |
|     |                             | Z1   |             |  | 200       |
|     | 400 bc                      |      | r. 30"      | Gr 1. 4.54-5.00   Gr 2. 5.10-5.20   Gr 3. 5.18-5.24                | 400       |
|     | 4 x 100 bc a                | Z1   | r. 10"      |  | 400       |
|     | 8 x 50 bc                   | Z3   | r. 15"      | <b>Propeller</b>   | 400       |
|     | 400 bc                      |      | r. 30"      | Gr 1. 4.54-5.00   Gr 2. 5.10-5.20   Gr 3. 5.18-5.24                | 400       |
|     | 4 x 100 bc a                | Z1   | r. 10"      |  | 400       |
|     | 8 x 50 bc a                 | Z3   | st. 50"-55" | <b>Elastiek</b>  | 400       |
|     | 400 bc                      |      | r. 30"      | <b>Paddles</b> Gr 1. 4.50-4.56   Gr 2. 5.06-5.16   Gr 3. 5.14-5.20 | 400       |
|     | 4 x 100 bc a                | Z1   | r. 10"      |  | 400       |
| Uit | 100 bc b                    | Z1   |             |  | 100       |

| Totaal |       | 4700 |
|--------|-------|------|
| Z1     | 51,1% | 2400 |
| Z2     | 25,5% | 1200 |
| Z3     | 21,3% | 1000 |
| Z4     | 0,0%  | 0    |
| Z5     | 0,0%  | 0    |
| Z6     | 2,1%  | 100  |
| Z7     | 0,0%  | 0    |

Trainingsload



| Totaal meters |       | 25100 |  |
|---------------|-------|-------|--|
| Z1            | 73,5% | 18450 |  |
| Z2            | 12,0% | 3000  |  |
| Z3            | 8,0%  | 2000  |  |
| Z4            | 4,4%  | 1100  |  |
| Z5            | 0,0%  | 0     |  |
| Z6            | 1,8%  | 450   |  |
| Z7            | 0,4%  | 100   |  |

| % van totale omvang   meters |       |      |  |
|------------------------------|-------|------|--|
| Wetsuit                      | 10,0% | 2500 |  |
| Paddles                      | 14,3% | 3600 |  |
| Elastiek                     | 4,4%  | 1100 |  |
| Propeller                    | 1,6%  | 400  |  |
| Zoomers                      | 0,0%  | 0    |  |

