

| Week: 42 | | Tijdstip: 14.00 - 15.30 | | | |
|---------------|--|-------------------------|-------------|---|-----------|
| Datum: 12-okt | | Accent: Mixed | | | |
| Dag: Maandag | | Bijzonderheden: | | | |
| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
| Inz | 300 hs/a keus- 100 bc b | Z1 | | | 400 |
| | 6 x 50 (25 scullen buik/rug ri voeten- 25 bc a) | Z1 | r. 5" | <i>Lichaamsspanning</i> | 300 |
| | 200 hs/a keus- 100 bc b | Z1 | | | 300 |
| | 6 x 50 (25 'eigen' oefening- 25 bc) | Z1 | r. 5" | <i>evt. Snorkel</i> | 300 |
| | 4 x 50 bc 'Perfect' | Z1 | r. 5" | | 200 |
| K1 | 100m PR | | | | |
| | 4 x 100 (30/25/20/15 bc max hold- overige keus Z1) | Z6 | | <i>telkens met start vanaf het blok</i> | 90 |
| | | Z1 | | | 310 |
| | 4 x 100 bc | Z1 | r. 10" | Snorkel Paddles heel easy met druk op de paddles | 400 |
| | 4 x 100 (25 vl- 75 bc) | Z1 | r. 10" | | 400 |
| | 4 x 50 (25 bc b 'aanzetten'- 25 bc b Z1) | Z3 | st. 1.20 | | 100 |
| | | Z1 | | | 100 |
| | 400m PR | | | | |
| | 4 x 50 bc V400 | | st. 50"-55" | | |
| | 4 x 100 bc | Z1 | r. 10" | Snorkel Paddles heel easy met druk op de paddles | |
| | 4 x 100 (25 vl- 75 bc) | Z1 | r. 10" | | |
| | 4 x 50 bc V400 | | st. 50"-55" | | |
| Uit | 100 keus | Z1 | | | 100 |

| | | |
|---------------|-------|-------------|
| Totaal | | 3000 |
| Z1 | 93,7% | 2810 |
| Z2 | 0,0% | 0 |
| Z3 | 3,3% | 100 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 3,0% | 90 |
| Z7 | 0,0% | 0 |

| | |
|---------------|-------------------------|
| Week: 42 | Tijdstip: 14.00 - 15.30 |
| Datum: 13-okt | Accent: 100m / 400m PR |
| Dag: Dinsdag | Bijzonderheden: |

| Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|------------------------|------|------------|--------------------------------|-----------|
| Eigen inzwemprogramma | Z1 | | | 1000 |
| 100m / 400m MAX | Z5 | | <i>met start vanaf de kant</i> | 400 |
| Eigen uitzwemprogramma | Z1 | | | 200 |

| | | | |
|---------------|-------|------|-------------|
| Totaal | | | 1600 |
| Z1 | 75,0% | 1200 | |
| Z2 | 0,0% | 0 | |
| Z3 | 0,0% | 0 | |
| Z4 | 0,0% | 0 | |
| Z5 | 25,0% | 400 | |
| Z6 | 0,0% | 0 | |
| Z7 | 0,0% | 0 | |

Week: 42
 Datum: 14-okt
 Dag: Woensdag

Tijdstip:
 Accent:
 Bijzonderheden: **Geen zwemtraining!**

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

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

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|----------------|-------------------------|
| Week: 42 | Tijdstip: 14.00 - 15.30 |
| Datum: 15-okt | Accent: Lactaattest |
| Dag: Donderdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|-------------------------|-----------|------------|---|-----------|
| Inz | 150 hs- 100 bc b- 150 a | Z1 | | <i>heeeeel rustig en qua intensiteit lager dan de eerste 400m</i> | 400 |
| K1 | 400 bc easy | | st. 8' | | 400 |
| | 400 bc steady | | st. 8' | | 400 |
| | 400 bc hard | | st. 8' | | 400 |
| | 400 bc all-out | | | | 400 |
| Uit | 200 keus | Z1 | | | 200 |

| Totaal | | 2200 |
|--------|-------|------|
| Z1 | 45,5% | 1000 |
| Z2 | 18,2% | 400 |
| Z3 | 0,0% | 0 |
| Z4 | 18,2% | 400 |
| Z5 | 18,2% | 400 |
| Z6 | 0,0% | 0 |
| Z7 | 0,0% | 0 |

| | |
|---------------|-------------------------|
| Week: 42 | Tijdstip: 14.00 - 15.00 |
| Datum: 16-okt | Accent: Herstel |
| Dag: Vrijdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|-----------------------------------|------|------------|--------------------------------------|-----------|
| Inz | 500 SPIKS | Z1 | | | 500 |
| K1 | 4 x 25 ss ow | Z1 | st. 45" | <i>Techpaddles</i> <i>Snorkel</i> | 100 |
| | 4 x 50 (25 hondjes kort- 25 bc) | Z1 | r. 10" | | 200 |
| | 4 x 100 bc | Z1 | r. 15" | | 400 |
| | 400 (25 rc- 25 bc- 25 srs- 25 bc) | Z1 | | | 400 |
| | 4 x 25 ss ow | Z1 | st. 45" | | 100 |
| | 4 x 50 (25 hondjes kort- 25 bc) | Z1 | r. 10" | <i>Techpaddles</i> | 200 |
| | 4 x 100 bc | Z1 | r. 15" | <i>Snorkel</i> | 400 |
| | Uit | | | | |
| | 100 bc b | Z1 | | | 100 |

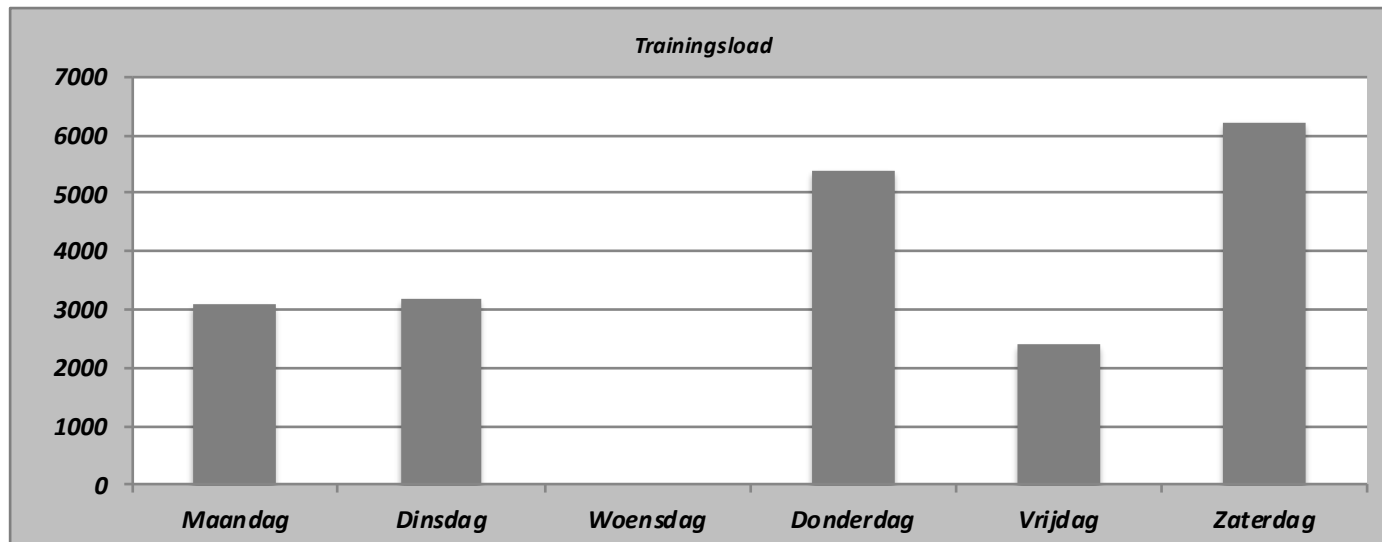
| | | |
|---------------|--------|-------------|
| Totaal | | 2400 |
| Z1 | 100,0% | 2400 |
| Z2 | 0,0% | 0 |
| Z3 | 0,0% | 0 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 0,0% | 0 |

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|---------------|-------------------------|
| Week: 42 | Tijdstip: 07.00 - 08.30 |
| Datum: 17-okt | Accent: Duur/kracht |
| Dag: Zaterdag | Bijzonderheden: |

| | Opdracht | Int. | Start/rust | Materiaal/aandachtspunt | Subtotaal |
|-----|-------------------------------|------|-------------|--------------------------|-----------|
| Inz | 600 keus | Z1 | | | 600 |
| | 4 x 50 (25 scullen'- 25 bc a) | Z1 | r. 5" | <i>Snorkel</i> | 200 |
| K1 | 8 x 25 vl | Z3 | st. 30" | | 200 |
| | 8 x 50 bc a | Z2 | st. 50"-55" | <i>Elastiek</i> | 400 |
| | 400 bc a | Z1 | r. 30" | <i>Snorkel</i> | 400 |
| | 400 bc | Z1 | r. 30" | <i>Snorkel Paddles</i> | 400 |
| | 400 bc a | Z1 | r. 30" | <i>Snorkel</i> | 400 |
| | 8 x 25 vl | Z3 | st. 30" | | 200 |
| Uit | 8 x 50 bc a | Z2 | st. 50"-55" | <i>Elastiek</i> | 400 |
| | 6 x 100 bc | Z2 | r. 20" | <i>Paddles Propeller</i> | 600 |
| Uit | 200 keus | Z1 | | | 200 |

| Totaal | | 4000 |
|--------|-------|------|
| Z1 | 55,0% | 2200 |
| Z2 | 35,0% | 1400 |
| Z3 | 10,0% | 400 |
| Z4 | 0,0% | 0 |
| Z5 | 0,0% | 0 |
| Z6 | 0,0% | 0 |
| Z7 | 0,0% | 0 |

Overzicht week: 42



| Totaal meters | | 13200 |
|---------------|-------|-------|
| Z1 | 72,8% | 9610 |
| Z2 | 13,6% | 1800 |
| Z3 | 3,8% | 500 |
| Z4 | 3,0% | 400 |
| Z5 | 6,1% | 800 |
| Z6 | 0,7% | 90 |
| Z7 | 0,0% | 0 |

