**TÝDENNÍ PLÁN 2019/2020**

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| **KATEGORIE:** | **DOROST B** |
| **TÝDENNÍ MIKROCYKLUS:** | **ZO 6** |
| **TERMÍN:** | **2.9. – 8.9. 2019** |

|  |  |  |  |  |  |  |  |  |  |  |
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| **DEN** | **DATUM** | **KDY** | **ROZCVIČKA** | **SUCHÁ** |  **ZAMĚŘENÍ** |  | **TRENÉR** |  **LED/ZÁPAS** | **ZAMĚŘENÍ** | **REGENERACE** |
| **PO** | 2.9 | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 17.00-17.15 | 17.15-18.00 | DK,CORE |  | K,F | 18.15-19.15 | HČJHKHra |  |
| **ÚT** | 3.9. | dopoledne | 6.30-6.45 |  |  |  | F,D,K | 7.00-8.00 | O-U |  |
| odpoledne | 15.45-16.00 | 17.30-18.15 | HK,CORE |  | K,F,D | 16.15-17.15 | HČJHK |  |
| **ST** |  4.9. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 14.00-14.15 | 15.45-16.30 | Agility,obratnost |  | K,F,D | 14.30 – 15.30 | HČJHK |  |
| **ČT** | 5.9. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 15.00-15.15 | 15.15-15.45 | PlyometrieCORE |  | F,D,K | 16.00-18.15 | Hra |  |
| **PÁ** | 6.9. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 15.15-15.45 |  | Videokompenyace |  | K | 16.00-17.00 | HkPHHra |  |
| **SO** | 7.9. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne |  |  |  |  |  |  |  |  |
| **NE** | 8:9. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne |  |  |  |  | Sraz 10.45 | Strakonice | 12.00-14.14 |  |