**TÝDENNÍ PLÁN 2019/2020**

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| **KATEGORIE:** | **DOROST A** |
| **TÝDENNÍ MIKROCYKLUS:** | **ZO 23** |
| **TERMÍN:** | **3.2.-9.2.2020** |

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| **DEN** | **DATUM** | **KDY** | **ROZCVIČKA** | **SUCHÁ** |  **ZAMĚŘENÍ** |  | **TRENÉR** |  **LED/ZÁPAS** | **ZAMĚŘENÍ** | **REGENERACE** |
| **PO** | 3.2. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 15.00-15.15 | 15.15-16.00 | DK,CORE |  | F,D,B | 16.15-17.30 | HČJ,HK |  |
| **ÚT** | 4.2. | dopoledne | 6,30-6.45 |  |  |  |  | 7.00-8.00 | O/U |  |
| odpoledne | 15.00-15.10 | 15.10-16.00 | HK,COREkompenzace |  | F,D,B |  |  | 16.15-17.15 |
| **ST** | 5.2. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 14.30-14.45 | 14.45-15.15 | CORE,Kompenzace |  | F,D,B | 15.30-16.30 | HKhra |  |
| **ČT** | 6.2. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 16.00-16.15 | 16.15-17.00 | HK,COREkompenzace  |  | F,D | 17.15-18.30 | PHHK |  |
| **PÁ** | 7.2. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne | 14.15-14.30 | 14.30-15.15 | DK,CORE |  | F,D | 15.30-16.30 | HKhra |  |
| **SO** | 8.2. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne |  |  |  |  |  |  |  |  |
| **NE** | 9.2. | dopoledne |  |  |  |  |  |  |  |  |
| odpoledne |  |  |  |  |  |  |  |  |