 MĚSÍČNÍ PLÁN 2018/2019

|  |  |
| --- | --- |
| **KATEGORIE:** | **MŽB** |
| **MĚSÍC:** | **SRPEN** |
| **TRENÉŘI:** | **TUREK, VYLÍČIL, ČECH** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DEN** | | **DOPOLEDNE** | | | | | **ODPOLEDNE** | | | | | |
| **Sraz** | **Suchá** | **Led** | **Odchod** | **Místo** | **Sraz** | **Suchá** | **Led** | **Odchod** | **Místo** | **Regenerace** |
| **St** | **1** |  |  |  |  |  |  |  |  |  |  |  |
| **Čt** | **2** |  |  |  |  |  |  |  |  |  |  |  |
| **Pá** | **3** |  |  |  |  |  |  |  |  |  |  |  |
| **So** | **4** |  |  |  |  |  |  |  |  |  |  |  |
| **Ne** | **5** |  |  |  |  |  |  |  |  |  |  |  |
| **Po** | **6** | 8:00 |  | 8:45 | 10:30 |  |  |  |  |  |  |  |
| **Út** | **7** | 8:00 |  | 8:45 | 10:15 |  |  |  |  |  |  |  |
| **St** | **8** | 8:00 |  | 8:45 | 10:15 |  |  |  |  |  |  |  |
| **Čt** | **9** | 8:00 |  | 8:45 | 10:15 |  |  |  |  |  |  |  |
| **Pá** | **10** |  |  |  |  |  |  |  |  |  |  |  |
| **So** | **11** |  |  |  |  |  |  |  |  |  |  |  |
| **Ne** | **12** |  |  |  |  |  |  |  |  |  |  |  |
| **Po** | **13** | 6:45 |  | 7:30 | 9:00 |  |  |  |  |  |  |  |
| **Út** | **14** | 6:45 |  | 7:30 | 9:00 |  |  |  |  |  |  |  |
| **St** | **15** |  |  |  |  |  |  |  |  |  |  |  |
| **Čt** | **16** | 6:45 |  | 7:30 | 9:00 |  |  |  |  |  |  |  |
| **Pá** | **17** | 6:45 |  | 7:30 | 9:00 |  |  |  |  |  |  |  |
| **So** | **18** |  |  |  |  |  |  |  |  |  |  |  |
| **Ne** | **19** |  |  |  |  |  |  |  |  |  |  |  |
| **Po** | **20** |  |  |  |  |  |  |  |  |  |  |  |
| **Út** | **21** | 6:25 |  | 7:00 | 8:30 |  |  |  |  |  |  |  |
| **St** | **22** |  |  |  |  |  |  |  |  |  |  |  |
| **Čt** | **23** | 7:55 |  | 8:30 | 10:00 |  |  |  |  |  |  |  |
| **Pá** | **24** | 8:00 |  | 8:45 | 10:15 |  |  |  |  |  |  |  |
| **So** | **25** | Turnaj České Budějovice | | | | | | | | | | |
| **Ne** | **26** |
| **Po** | **27** |  |  |  |  |  |  |  |  |  |  |  |
| **Út** | **28** |  |  |  |  |  |  |  |  |  |  |  |
| **St** | **29** | 7:45 |  | 8:30 | 10:00 |  |  |  |  |  |  |  |
| **Čt** | **30** |  |  |  |  |  | 11:30 |  | 12:15 | 13:45 |  |  |
| **Pá** | **31** |  |  |  |  |  |  |  |  |  |  |  |

Poznámka : Je možné, že ještě vložíme nějaký trénink na suchu. Budeme vás včas informovat.