

### Tréninkový plán

| Den    | Místo | Čas       | Náplň                        | Jiné  | Poznámky                                           |
|--------|-------|-----------|------------------------------|-------|----------------------------------------------------|
| Po     | 22.6  | ind       | R-                           | 2:00  |                                                    |
|        |       |           | D-                           |       |                                                    |
|        |       |           | O- Běh 60' nebo kolo 2h      |       |                                                    |
|        |       |           | V-                           |       |                                                    |
| Út     | 23.6  | 14:00 TD  | R-                           | 1:30  |                                                    |
|        |       |           | D-                           |       |                                                    |
|        |       |           | O- Běh - abc, rov. 2.int 70' |       |                                                    |
|        |       |           | V-                           |       |                                                    |
| St     | 24.6  | 14:00 TD  | R-                           | 2:00  |                                                    |
|        |       |           | D-                           |       |                                                    |
|        |       |           | O- Kolo 2h silnice           |       |                                                    |
|        |       |           | V-                           |       |                                                    |
| Čt     | 25.6  | 14:00 TD  | R-                           | 2:00  | Doladit hole na kolce<br>Anička, Pepa, Ondra!!!!!! |
|        |       |           | D-                           |       |                                                    |
|        |       |           | O- KL - Sk- rov. 2h          |       |                                                    |
|        |       |           | V-                           |       |                                                    |
| Pá     | 26.6  |           | R-                           |       |                                                    |
|        |       |           | D-                           |       |                                                    |
|        |       |           | O-                           |       |                                                    |
|        |       |           | V-                           |       |                                                    |
| So     | 27.6  |           | R-                           |       |                                                    |
|        |       |           | D-                           |       |                                                    |
|        |       |           | O-                           |       |                                                    |
|        |       |           | V-                           |       |                                                    |
| Ne     | 28.6  |           | R- <b>VT Jablonec</b>        | 3:00  | <b>Odjezd od ZŠ v 9:00</b>                         |
|        |       |           | D- Kolo 3h cesta do JBC      |       |                                                    |
|        |       |           | O- Běh + posilování          |       |                                                    |
|        |       |           | V- KL - Sk tech.40'          |       |                                                    |
| Červen |       | D/F - 5/7 |                              | 13:10 | Martin                                             |