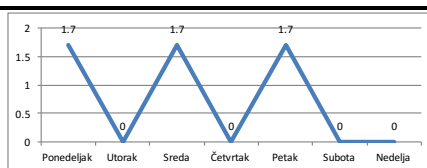
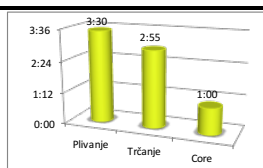
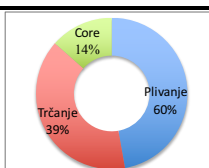


Trening Program

Period: mikrociklus 5

Dorđe Nikolić

Početak ciklusa 3.2.2020
Kraj ciklusa 9.2.2020
Cilj unapređenje tehnike plivanja
Kontakt telefon +381646685256
Kontakt email coach@jovanponjevic.com



Dan	Datum	Total (km)	Total (h)	Plivanje (km)	Plivanje (h)	Trčanje	Trčanje (km)	Trčanje (h)	Vežbe	Vežbe (h)
Ponedjeljak	3.2.2020	1.7	1:20	1.7	1:10				Core	0:10
Utorak	4.2.2020	8	0:55			Z2 sa vežbama i par ubrzanja	8	0:45	Core	0:10
Sreda	5.2.2020	1.7	1:20	1.7	1:10				Core	0:10
Četvrtak	6.2.2020	10	1:05			2x10' Z3	10	0:55	Core	0:10
Petak	7.2.2020	1.7	1:20	1.7	1:10				Core	0:10
Subota	8.2.2020	13	1:25			Z2 sa 10x(100m ubrzanja/ 100m Z1)	13	1:15	Core	0:10
Nedjelja	9.2.2020	0	0:00						ODMOR	
Total		36.1	7:25	5.1	3:30		31	2:55		1:00

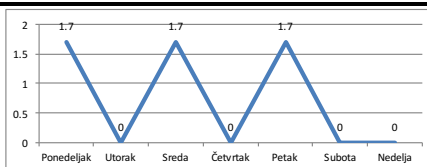
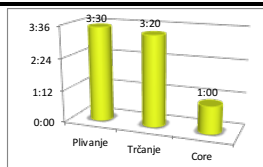
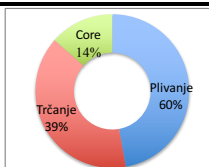
VEŽBA	PON	UTO	SRE	ČET	PET	SUB	NED
1	300m kraul		500m zagrevanje (po izboru)		300m kraul		
2	2x100m mešovito		500m ruke (guma, avion, lopatice)		2x100m mešovito		
3	4x50m noge		500m disanje (lopatice opciono)		4x50m noge		
4	4x50m ubrzanja		200m ispliv		4x50m ubrzanja		
5	600m kraul (peraja i lopatice)				600m kraul (peraja i lopatice)		
6	200m ispliv				200m ispliv		
7							
8							
9							
Total (km)	1.7		1.7		1.7		

Trening Program

Period: mikrociklus 6

Dorđe Nikolić

Početak ciklusa 10.2.2020
Kraj ciklusa 16.2.2020
Cilj unapređenje tehnike plivanja
Kontakt telefon +381646685256
Kontakt email coach@jovanponjevic.com



Dan	Datum	Total (km)	Total (h)	Plivanje (km)	Plivanje (h)	Trčanje	Trčanje (km)	Trčanje (h)	Vežbe	Vežbe (h)
Ponedjeljak	10.2.2020	1.7	1:20	1.7	1:10				Core	0:10
Utorak	11.2.2020	8	0:55			Z2	8	0:45	Core	0:10
Sreda	12.2.2020	1.7	1:20	1.7	1:10				Core	0:10
Četvrtak	13.2.2020	12	1:20			2xFabus Z3 (tunel-fax)	12	1:10	Core	0:10
Petak	14.2.2020	1.7	1:20	1.7	1:10				Core	0:10
Subota	15.2.2020	14	1:35			Dužina (po želji)	14	1:25	Core	0:10
Nedjelja	16.2.2020	0	0:00						ODMOR	
Total		39.1	7:50	5.1	3:30		34	3:20		1:00

VEŽBA	PON	UTO	SRE	ČET	PET	SUB	NED
1	500m zagrevanje (po izboru)		300m kraul		500m zagrevanje (po izboru)		
2	500m ruke (guma, avion, lopatice)		2x100m mešovito		500m ruke (guma, avion, lopatice)		
3	500m disanje (lopatice opciono)		4x50m noge		500m disanje (lopatice opciono)		
4	200m ispliv		4x50m ubrzanja		200m ispliv		
5			600m kraul (peraja i lopatice)				
6			200m ispliv				
7							
8							
9							
Total (km)	1.7		1.7		1.7		