

Træningskema - AGF Svømming

Dato: Tirsdag, 21 September 2010
Tid: 06:00 - 08:00 AM
Hallenavn: 25m
Hensigt: Underwaterkickning / Aerobic Capacity 0,1
Bemærkning: Relaxing in lowerback, powerful push from wall, small powerful kick!!!

Organisering:

Bane 1 Trainingsprogramm version2
 Bane 2
 Bane 3
 Bane 4
 Bane 5
 Bane 6
 Bane 7
 Bane 8
 Bane 9
 Bane 10

Use 37 - Aarhus



Almindelig Opvarmning		Start / Rest	SF	HR
600m	150 fri / 50 ryg or bryst		20-28	100-124
6*100m	IM - kick - A (25m scull / 25m catch)	p. 10-15s		100-124
1200m				

Almindelig Opvarmning		Start / Rest	SF	HR

Almindelig Opvarmning		Start / Rest	SF	HR

Special Opvarmning		Start / Rest	SF	HR

Special Opvarmning		Start / Rest	SF	HR

Special Opvarmning		Start / Rest	SF	HR

Hovedsælgigt Sektion I -		Start / Rest	SF	HR
<i>Names</i>				
10*100m	finne 20m UV 75-80% / 30m let dreje 10m UV 90% / 40m let	p. 15s-20s	20-28	
3*300m	2*finne - 1*no finne 20m UV / 30m let 15m UV / 35m let 10m UV / 40m let	p. 20-25s	20-28	
1900m				

Hovedsælgigt Sektion I - Aerobic Capacity 1 IMV / S		Start / Rest	SF	HR
<i>Names</i>				
10*100m	6*finne / 4*no finne 25m UV 75-80% / 25m let dreje 10m-15m UV 90% / 40m let	p. 15s	20-28	
3*300m	2*finne - 1*no finne 25m UV / 25m let 20m UV / 30m let 15m UV / 35m ryg let	p. 20s	20-28	
200m				
2100m				

Hovedsælgigt Sektion I		Start / Rest	SF	HR
<i>Names</i>				

Sektion II - Aerobic Capacity 0 - Teknik		Start / Rest	SF	HR
<i>Names</i>				
8*50m	2*25m T.ovelse / 25m S 2*25m scull / 25m S	p. 10-15s		
200m	let			
8*50m	4*25m T.ovelse / 25m fokus catch			
400m	4*25m dog paddling / 25m fokus catch			
1400m	easy			

Sektion II		Start / Rest	SF	HR
<i>Names</i>				

Sektion II		Start / Rest	SF	HR
<i>Names</i>				

Total KM	
1 Viktor B.	0
2 Anton B.	4500
3 Jesper G.B	4500
4 Anton B.P	4500
5 Søren D.	4500
6 Kasper F.F	4500
7 Julie J.	4500
8 Solvej M	4500
8 Solvej M.	0

Total KM	
9 Sara M.	4500
10 Kasper M.	4500
11 Christoffer R.	4500
12 Sofie R.P	4500
13 Maria S.P	4500
14 Emilia S.	0
15 Ulrika T.K	4500
16 Marnus R.P	4500
16 name	0

Training zones		Swim Speed	SF for fri	HR
AEC 0	Aerobic Capacity 0 / Recovery	<60%	20-28	100-124
AEC 1	Aerobic Capacity 1 - LA 1 / Development	70%	28-31	124-140
AEC 2	Aerobic Capacity 2 - LA 2 / Overload	75-80%	31-33	140-160
AEP	Aerobic Power LA 3 / Threshold	80-85%	33-35	160-164
LC	Lactate Clearance LA 4 / Clearance	85-90%	35-45	164-184
ANC	Anaerobic Capacity = Lactate Production	95-100%	53-60	185-MAX
ANP	Anaerobic Power = Lactate Tolerance	100%	45-52	185-MAX
SP	Speed (GP)	n/a	MAX	160-180
24 name	0			