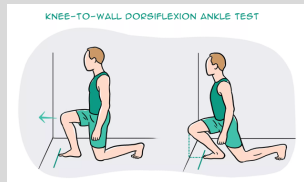
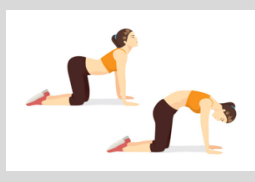


	Pondelok	Utorok	Sreda	Stvrtok
sailing	sail drill trim speed no wind	sail upwind drill windshifts	drill upwind speed winward mark	down wind leeward mark
	test - done	mobility = done, pohybove hry lopta, kuzele.	conditioning	strength



Deep squat

		rolovanie				
onshore training	1	mobility				
					shoulder mob. Lah na bruchu T,V,W /palce hore/	
	reps	5 each	5 each	8	3 each	4 each
	2	pilier				
						
		10s	15s	10s		
	3	dinamic stretch				
	pavuk	kracanie ruky nohy	siroky stoj			

4 pohybove hry

kuzele 2 farby dvojice
oproti sebe. Redy, go,
beh na mieste, poviem
farbu kt prvý vezne
spravnu

piskvorky s kuzelmi

lopta stojime v
kruhu, hadzeme
optu, kto ma loptu
drep s loptou nad
hlavou

sed/lah/drep/hocic
o...na znamenie beh
ku kuzelom

nahanacka
banka
grenny



Deep squat

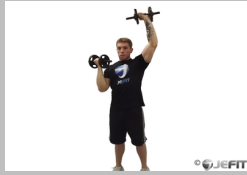
		1	2	3	4
onshore training	rychlost a vybusna sila	medicimbal 1kg. Hod celou silou.	half limit start kuzel-kuzel	vyskok na vyvysenu plochu	scater jump
		6 reps	4 reps	6 reps	6 reps



Deep squat

	DOLNE/HORNE/CORE			
NOHY	1	2	3	4
knee dominant	squad, squad with weight, one leg squad,	split squad, with weight	vypad bocny	
hip dominant	dead lift	lastovicka+stability	sl hip thrust	
				
PAZE				
vertical PULL	zhyb, s pomocou, bez			
horizontal PULL	 			
	horizontal pull up			

vertical **PUSH**



horizontal **PUSH**

push up



Deep squat

1  Deep squat 5  Rotary stability 7  Trunk stability push-up fms based test		alex	samo	gregor	mato
	deep squat	kolena jemne dovnutra	kolena core	core	kolena achylovka/clenok
	active straight leg raise	2 skratene	2 skratene	3	2
	rotary stab	1	1	1	1

skok do dialky		147	105	123	0,144
vydrz o stenu T		feb.20	1.0	1.okt	feb.35
kluk M					

zhyb N trx		7	5	7	11



Deep squat

