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| --- | --- |
| Session: | Beach 1 |
| Week: | 1 |
| Date: | Tu 5.8. |

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| --- | --- |
| Exercise | Series x Repetitions |
| Výskoky na síť – teč země | 4 x 10 |
| Split jumps | 4 x 10 |
| Sprints - under net – lay down on lines | 4 x 18 m there and back |
| Follow shuffles | 4 x 20 s -10 s rest - 4 rounds |

|  |  |
| --- | --- |
| Session: | Beach 2 |
| Week: | 2 |
| Date: | Tu 12.8. |

|  |  |
| --- | --- |
| Exercise | Series x Repetitions |
| Running – 18 m sprint - 9 m skier - 18 m shuffle - 9 m backing up | 10 circles |
| Výskoky na síť – teč země | 4 x 12 |
| Split jumps | 4 x 12 |
| Sprints - under net – lay down on lines | 6 x 18 m there and back |
|  |  |

|  |  |
| --- | --- |
| Session: | Beach 3 |
| Week: | 3 |
| Date: | Tu 19.8. |

|  |  |
| --- | --- |
| Exercise | Series x Repetitions |
| Running – 18 m sprint - 9 m skier - 18 m shuffle - 9 m backing up | 12 circles |
| Výskoky na síť – teč země | 4 x 14 |
| Split jumps | 4 x 14 |
| Sprints - under net – lay down on lines + plank while waiting | 6 x 18 m there and back |
| Follow shuffles | 4 x 20 s -10 s rest - 6 rounds |