**PLAN TRENINGÓW Szczecinek 2016**

ś-śniadanie o-obiad k-kolacja

**dzień 1 poniedziałek 1.08**

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| gr | o | k | II | III | Toaleta wieczorna |
| 1 Z01 | 15.30 | 20.00 | B ½ 17.00 -18.30 | T 21.30 | 22.30 |
| 2 Z03 | 15.30 | 20.00 | B ¼ 17.00 -18.30 | T 21.00-21.45 | 21.45 |
| 3 Z04 | 15.30 | 20.00 | B ¼ 17.00 - 18.30 | TRX OP 21.00-22.00 | 22.00 |
| 4 Z05 | 15.30 | 20.00 | O 16.30-18.00 | S 20.45-21.45 | 21.45 |
| 5 ZX | 15.30 | 20.00 | O 18.00-19.30  Jeśli będzie zajęte OP | T 20-45-21.30 | 21.30 |
| 6 Z06 | 15.30 | 20.00 | S 16.30-18.00 | O 20.45-22.00 | 22.00 |
| 7 Z07 | 15.30 | 20.00 | 17.00-18.00 OP | O 20.45-22.00 | 22.00 |

**dzień 2 wtorek 2.08**

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| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | B 16.00-17.30 | B 19.30-21.00 sp Z03 | 21.15 |
| 2 Z03 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | TRX | B 19.30-21.00 sp Z03 | 21.30 |
| 3 Z04 | 8.00 | 13.10 | 18.00 | L 11.00-12.30 | O 16.00-17.30 | TRX 19.30-20.30 | 20.30 |
| 4 Z05 | 8.05 | 13.10 | 18.00 | L 11.00-12.30 | O 14.30-16.00 | O 20.45-22.00 | 22.00 |
| 5 ZX | 8.05 | 13.10 | 18.00 | O 11.00-12.30 | B1/3 16.00-17.30 | OP (bosu) 19.30-20.30 | 20.30 |
| 6 Z06 | 8.05 | 13.00 | 18.00 | O 9.30-11.00 | B 14.30-16.00 | O 19.30-20.45 | 21.00 |
| 7 Z07 | 8.00 | 13.00 | 18.00 | O 9.30-11.00 | B 14.30-16.00 | S 20.00-21.30 | 21.30 |

**Dzień 3 środa 3.08**

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| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | 13.10 | 18.00 | L 11.00-12.30  Pogoń Sz. 02 | 16.00 analiza meczu | B 19.30-21.00 | 21.30 |
| 2 Z03 | 8.00 | 13.00 | 18.00 | TRX 11.00-12.00 | B 16.00-17.30 | O 20.45-22.00 | 22.15 |
| 3 Z04 | 8.00 | 13.10 | 18.00 | TRX 10.00-11.00 | B 16.00-17.30 | B 19.30-21.00 sp ZX | 21.45 |
| 4 Z05 | 8.05 | 13.00 | 18.00 | B 9.30-11.00 | O 14.30-16.00 | S 20.00-21.30 | 21.30 |
| 5 ZX | 8.05 | 13.00 | 18.00 | B 9.30-11.00 | O 16.00-17.30 | B 19.30-21.00 sp Z04 | 21.30 |
| 6 Z06 | 8.05 | 13.10 | 18.00 | O 11.00-12.30 | B 14.30-16.00 | O 19.30-20.45 | 21.15 |
| 7 Z07 | 8.00 | 13.00 | 18.00 | O 9.30-11.00 | B 14.30-16.00 | O 19.30-20.45 | 20.45 |

**Dzień 4 czwartek 4.08**

Wycieczka Tropical Island - Berlin (Niemcy) – cały dzień

**Dzień 5 piątek 5.08**

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| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | 13.10 | 18.00 | L 11.00-12.30 | B 16.00-17.30 | **Lub rowery** | 21.00 |
| 2 Z03 | 8.00 | 13.10 | 18.00 | L 11.00-12.30 | O 16.00-17.30 | B 19.30-21.00 sp Z04 | 21.30 |
| 3 Z04 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | O 14.30-16.00 | B 19.30-21.00 sp Z03 | 21.15 |
| 4 Z05 | 8.05 | 13.00 | 18.00 | B 9.30-11.00 | B 14.30-16.00 sp ZX | S 20.00-21.30 | 21.30 |
| 5 ZX | 8.05 | 13.00 | 18.00 | **rowery** | B 14.30-16.00spZ05 | O 20.45-22.00 | 22.00 |
| 6 Z06 | 8.05 | 13.10 | 18.00 | O 11.00-12.30 | B ½ 16.00-17.30 | O 19.30-20.45 | 20.45 |
| 7 Z07 | 8.00 | 13.00 | 18.00 | O 9.30-11.00 | B ½ 16.00-17.30 | O 19.30-20.45 | 21.00 |

**Dzień 6 sobota 6.08**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | TRX (bosu) | L 19.30-21.00 | 21.15 |
| 2 Z03 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | S 14.30-15.30 | TRX 19.30-20.30 | 20.30 |
| 3 Z04 | 8.00 | 13.10 | 18.00 | L 11.00-12.30 | O 14.30-17.30 turniej Z05,Zx | S 19.30-20.30 | 20.30 |
| 4 Z05 | 8.05 | 13.10 | 18.00 | L 11.00-12.30 | O 14.30-17.30  turniej Z05,Zx | S 20.30-21.30 | 21.45 |
| 5 ZX | 8.05 | 13.10 | 18.00 | O 11.00-12.30 | O 14.30-17.30  turniej Z05,Zx | L ½ 19.30-21.00 | 21.15 |
| 6 Z06 | 8.05 | 13.10 | 18.00 | O 11.00-12.30 | S 15.30-17.30 | L ½ 19.30-21.00 | 21.15 |
| 7 Z07 | 8.00 | 13.00 | 18.00 | O 9.30 - 11.00 | S 15.30-17.30 | O 19.30-20.45 | 20.45 |

**Dzień 7 niedziela 7.08**

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| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | 13.10 | 18.00 | Wyjście do miasta | 16.00TRX (bosu) | B 19.30-21.00 | 21.15 |
| 2 Z03 | 8.00 | 13.00 | 18.00 | Wyjście do miasta | S 14.30-15.30 | TRX 19.30-20.30 | 20.30 |
| 3 Z04 | 8.00 | 13.00 | 18.00 | Wyjście do miasta | O 14.30-17.30 turniej Z05,Zx | S 19.30-20.30 | 20.30 |
| 4 Z05 | 8.05 | 13.00 | 18.00 | Wyjście do miasta | O 14.30-17.30  turniej Z05,Zx | S 20.30-21.30 | 21.45 |
| 5 ZX | 8.05 | 13.00 | 18.00 | Wyjście do miasta | O 14.30-17.30  turniej Z05,Zx | B ½ 19.30-21.00 | 21.15 |
| 6 Z06 | 8.05 | 13.00 | 18.00 | Wyjście do miasta | Orlik inny 15.00 sparing z Salos 06 | B ½ 19.30-21.00 | 21.15 |
| 7 Z07 | 8.00 | 13.10 | 18.00 | Wyjście do miasta | S 15.30-17.30 | O 19.30-20.45 | 20.45 |

**Dzień 8 8.08 poniedziałek**

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| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | prowiant | 18.00 | Wycieczka Kołobrzeg, wyjazd g. 9.00  Powrót na kolację | | B 19.30-21.00 | 21.15 |
| 2 Z03 | 8.00 | prowiant | 18.00 | B 19.30-21.00 | 21.15 |
| 3 Z04 | 8.00 | prowiant | 18.00 | B 19.30-21.00 | 21.15 |
| 4 Z05 | 8.05 | prowiant | 18.00 | O 20.45-22.00 | 22.00 |
| 5 ZX | 8.05 | prowiant | 18.00 | O 19.30-20.45 | 20.45 |
| 6 Z06 | 8.05 | prowiant | 18.00 | O 19.30-20.45 | 20.45 |
| 7 Z07 | 8.00 | prowiant | 18.00 | Orlik i 19.30 sparing z Salos 06 | 20.45 |

B – pełen wymiar boczne (bliżej jeziora), L – boisko pełen wymiar „Lechia”, O-orlik, S-sala

T – teren bieg ,TRX – trx,OP -orlik pomarańczowy orlik (bosu) ,

**Dzień 9.08 wtorek**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | 13.00 | 18.00 | Wyjazd na mecz z  Chojniczanką g.8.30  (mecz o 10.30) | **14.30 Narty wodne** | B 19.30-21.00 | 21.30 |
| 2 Z03 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | **Rowery, kajaki** |  | 22.15 |
| 3 Z04 | 8.00 | 13.00 | 18.00 | L 11.00-12.30 | **15.00-16.30 Rowery,kajaki** |  | 21.45 |
| 4 Z05 | 8.00 | 13.00 | 19.30 | L 11.00-12.30 | B 14.30-16.00 | B 17.30-19.00(boisko warty) sparing Warta | 20.30 |
| 5 ZX | 8.00 | 13.00 | 18.00 | **10.00 Rowery** | B 14.30-16.00 |  | 21.30 |
| 6 Z06 | 8.00 | 13.00 | 18.00 | O 11.00-12.30 | B 16.00-17.30  Sparing Warta 06 |  | 21.15 |
| 7 Z07 | 8.00 | 13.00 | 18.00 | O 9.30-11.00 sparing Warta 06 | **rowery** |  | 20.45 |

**Dzień 10.08 środa jeszcze do ustalenia**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| grupa | ś | o | k | I | II | III | toaleta |
| 1 Z01 | 8.00 | 13.00 | 18.00 | L 11.00-12.30 | **Kajaki, rowery** | Pakowanie się | 22.00 |
| 2 Z03 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | **Kajaki, rowery** | Pakowanie się | 22.15 |
| 3 Z04 | 8.00 | 13.00 | 18.00 | B 9.30-11.00 | B 14.30-16.00 sparing Warta 05  t.504054254 | Pakowanie się | 21.45 |
| 4 Z05 | 8.05 | 13.00 | 18.00 | L9.3011.00(boisko warty) sparing Warta 06  t. 660714337 | **Kajaki, rowery** | Pakowanie się | 21.30 |
| 5 ZX | 8.05 | 13.00 | 18.00 |  | **Kajkai , rowery** | Pakowanie się | 21.30 |
| 6 Z06 | 8.05 | 13.00 | 18.00 | O 9.30-11.00 sparing z Salos 06  t. 885690355 | **Kajaki, rowery** | Pakowanie się | 21.15 |
| 7 Z07 | 8.00 | 13.00 | 18.00 |  | **Rowery, kajaki** | Pakowanie się | 20.45 |

**Dzień 11.08 czwartek**

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| grupa | ś | Wyjazd godz. 7.30 (te same autokary jak zawsze) |
| 1 Z01 | 7.00 |
| 2 Z03 | 7.00 |
| 3 Z04 | 7.00 |
| 4 Z05 | 7.00 |
| 5 ZX | 7.00 |
| 6 Z06 | 7.00 |
| 7 Z07 | 7.00 |

B – pełen wymiar boczne (bliżej jeziora), L – boisko pełen wymiar „Lechia”, O-orlik, S-sala

T – teren bieg ,TRX – trx,OP -orlik pomarańczowy orlik (bosu) ,

Orlik – rezerwacja 9.30-12.30/14.30-17.30/19.30-22.00,

Sala – rezerwacja: 9.30-11.30/15.30-17.30/19.30-22.00