

2. blok – dlhodobý rehabilitačný plán

minimálne		maximálne	
18T		32T	1T
19T		33T	2T
20T		34T	3T
21T	4. fáza	35T	4T
22T		36T	5T
23T		37T	6T
24T		38T	7T
25T		39T	8T
26T		40T	9T
27T		41T	10T
28T			42T
29T		43T	12T
30T	5. fáza	44T	13T
31T		45T	14T
32T		46T	15T
33T		47T	16T
34T		48T	17T
35T		49T	18T
36T		50T	19T
37T		51T	20T
38T		52T	21T
39T	6. fáza	53T	22T
40T		54T	23T
41T		55T	24T
42T		56T	25T
43T		57T	26T
44T		58T	27T
45T		59T	28T
46T		60T	29T
47T	61T	30T	
48T	62T	31T	
49T	63T	32T	
50T	64T	33T	
51T	65T	34T	
52T	66T	35T	
53T	67T	36T	
54T	68T	37T	
55T	69T	38T	
	70T	39T	
	71T	40T	
	72T	41T	
	73T	42T	
	74T	43T	
	75T	44T	
	76T	45T	
	77T	46T	
	78T	47T	
	79T		
	80T		
	81T		
	82T		
	83T		
	84T		
	85T		
	86T		

AT 1					
AT 2	MS 1				
AT 3					
AT 4					
AT 5					
AT 6	MS 2				
AT 7					
AT 8					
AET 1					úprava hmotnosti testovanie výkonu
AT 9	MS 3				
AT 10					
AT 11					
AET 2					nastavenie navýkov
AT 12	MS 4				
AT 13					
AT 14	AET 3	MS 5			
AT 15					
AT 16	MS 6				zvyšovanie výkonu
AT 17					
AET 4					
AT 18	MS 7				
AT 19					
AT 20				3D rep/viz 3 KS 2/min, M\$ 8	
AET 5					
AT 21	MS 9				
AT 22					
AET 6	MS 10				
AT 23	MS 11				
AET 7					3D rep/viz 3 KS 2/max

AT – anaeróbne testovanie
AET – aeróbne testovanie
laktát neodoberáme pri každom meraní

Analyticky:

Minimálne	Maximálne
43 x IT	73 x IT
7 x MS	10 x MS
1 x KS	1 x KS
19 x AT	23 x AT
4 x AET	7 x AET

3. Blok