



Plan sústredení, pretekov výkonostných športovcov a mladežníkov v roku 2025



January		February		March		April		May		Jun		July		August		September		October		November		December 2025			
1	Wed			1	Sat	Benidorm sústredenie 2025	1	Tue	1	Thu	1	Sun	1	Tue	1	Fri	1	Mon	1	Wed	1	Sat	1	Mon	
2	Thu		2	Sun	2	Sun	2	Wed	2	Fri	2	Mon	2	Wed	2	Sat	2	Tue	2	Thu	2	Sun	2	Tue	
3	Fri	Volno	3	Mon	3	Mon	3	Thu	3	Sat	3	Tue	3	Thu	3	Sun	3	Wed	3	Fri	3	Mon	3	Wed	
4	Sat		4	Tue	4	Tue	4	Fri	4	Sun	DT Pezinok	4	Wed	4	Fri	4	Mon	4	Thu	4	Sat	4	Thu		
5	Sun		5	Wed	5	Wed	5	Sat	5	Mon		5	Thu	5	Sat	5	Tue	5	Fri	5	Sun	5	Fri		
6	Mon	Prvý tréning	6	Thu	6	Thu	6	Sun	6	Tue		6	Fri	6	Sun	6	Wed	6	Sat	6	Mon	6	Sat		
7	Tue		7	Fri	7	Fri	7	Mon	7	Wed		7	Sat	7	Mon		7	Thu	7	Tue	7	Fri	7	Sun	
8	Wed		8	Sat	8	Sat	8	Tue	8	Thu		8	Sun	8	Tue		8	Mon	8	Wed	8	Sat	8	Mon	
9	Thu		9	Sun	9	Sun	9	Wed	9	Fri		9	Mon	9	Wed		9	Tue	9	Thu	9	Sun	9	Tue	
10	Fri		10	Mon	10	Mon	10	Thu	10	Sat	TT FTVS BA	10	Tue	10	Thu		10	Wed	10	Fri	10	Mon	10	Wed	
11	Sat		11	Tue	11	Tue	11	Fri	11	Sun		11	Wed	11	Fri		11	Thu	11	Sat	11	Tue	11	Thu	
12	Sun		12	Wed	12	Wed	12	Sat	12	Mon		12	Thu	12	Sat		12	Fri	12	Sun	12	Wed	12	Fri	
13	Mon		13	Thu	13	Thu	13	Sun	13	Tue		13	Fri	13	Sun	TT Stara Myjava	13	Sat	13	Mon	13	Thu	13	Sat	
14	Tue		14	Fri	14	Fri	14	Mon	14	Wed		14	Sat	14	Mon		14	Thu	14	Tue	14	Fri	14	Sun	
15	Wed		15	Sat	15	Sat	15	Tue	15	Thu		15	Sun	15	Tue		15	Mon	15	Wed	15	Sat	15	Mon	
16	Thu		16	Sun	16	Sun	16	Wed	16	Fri		16	Mon	16	Wed		16	Sat	16	Thu	16	Sun	16	Tue	
17	Fri		17	Mon	17	Mon	17	Thu	17	Sat		17	Tue	17	Thu		17	Sun	17	Fri	17	Mon	17	Wed	
18	Sat		18	Tue	18	Tue	18	Fri	18	Sun		18	Wed	18	Fri		18	Mon	18	Thu	18	Sat	18	Thu	
19	Sun		19	Wed	19	Wed	19	Sat	19	Mon		19	Thu	19	Sat		19	Tue	19	Fri	19	Sun	19	Fri	
20	Mon		20	Thu	20	Thu	20	Sun	20	Tue		20	Fri	20	Sun		20	Wed	20	Sat	20	Mon	20	Sat	
21	Tue		21	Fri	21	Fri	21	Mon	21	Wed		21	Sat	21	Mon		21	Thu	21	Sun	21	Tue	21	Sun	
22	Wed		22	Sat	22	Sat	22	Tue	22	Thu		22	Sun	AQ Nitra	22	Tue		22	Mon	22	Wed	22	Mon	22	Mon
23	Thu		23	Sun	23	Sun	AQ Pezinok	23	Wed	23	Fri		23	Mon	23	Wed		23	Sat	23	Tue	23	Thu	23	Tue
24	Fri		24	Mon	24	Mon	24	Thu	24	Sat		24	Tue	24	Thu		24	Sun	24	Wed	24	Mon	24	Wed	
25	Sat		25	Tue	25	Tue	25	Fri	25	Sun	TT Senec	25	Wed	25	Fri		25	Mon	25	Thu	25	Sat	25	Thu	
26	Sun	Akvatlon Pre vsetkych	26	Wed	26	Wed	26	Sat	26	Sat	DT Dvory	26	Mon	26	Thu		26	Tue	26	Fri	26	Sun	26	Fri	
27	Mon		27	Thu	27	Thu	27	Sun	27	Tue		27	Fri	27	Fri		27	Wed	27	Sat	27	Mon	27	Sat	
28	Tue		28	Fri	28	Fri	28	Mon	28	Wed		28	Sat	28	Mon		28	Thu	28	Sun	28	Tue	28	Sun	
29	Wed		29	Sat	29	Sat	29	Thu	29	Thu		29	Sun	29	Tue		29	Fri	29	Mon	29	Wed	29	Mon	
30	Thu		30	Sun	30	Sun	30	Wed	30	Fri		30	Mon	30	Wed		30	Sat	30	Thu	30	Thu	30	Tue	
31	Fri		31	Mon	31	Mon	31	Sat	31	Sat		31	Thu	31	Thu		31	Sun	31	Fri	31	Fri	31	Wed	

tréningový pobyt (miesto)
kondičný tréning
přípravná súťaž (názov a miesto)
významná súťaž, tréningový kemp (názov a miesto)
vrcholné podujatia (OH, ZOH, MS, ME,...-názov a miesto)

Jarne prezdniny :

cervene Kosicky kraj a Presovsky kraj
 modre Bratsilvsky kraj , Nitriansky kraj a Trnavsky kraj
 zelene B.B. Kraj , Zilinsky kraj, Trenčiansky kraj

DT - Duatlon
 TT - Triatlon
 AQ - Akvatlon

Termín preventívnej prehliadky u športového lekára (PLP):
Miesto absolvovania PLP:
Termíny funkčnej diagnostiky:
Miesto absolvovania: