

Træningslektionsskema

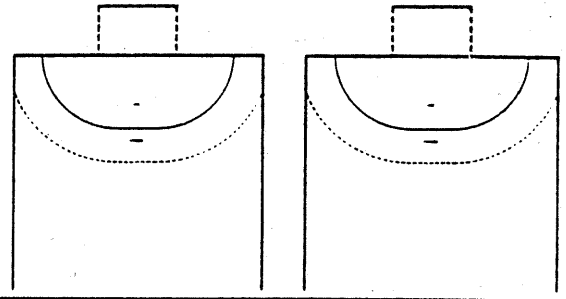
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Opvarmning: _____

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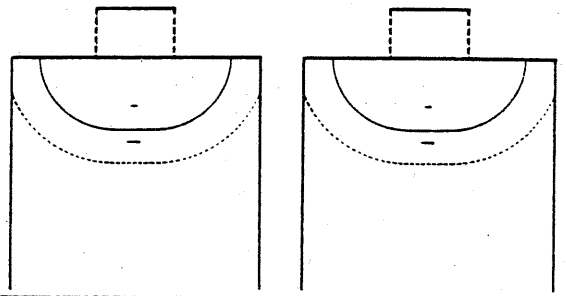
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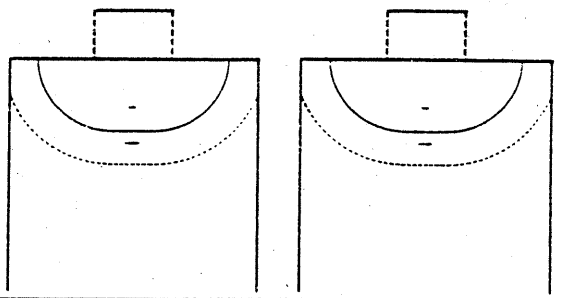
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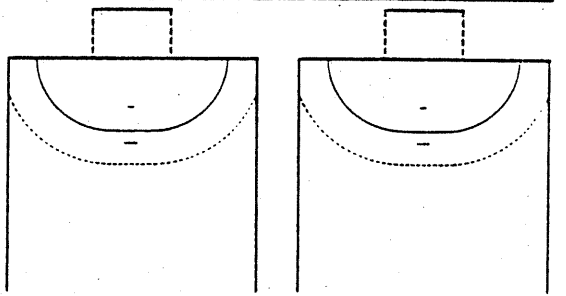
Taktik: _____

Tid: _____



Psykisk: _____

Tid: _____



Bemærkninger: _____

Husk! _____

