TRAINING PLANNER

Name: Sport / Event: Athlete(s) Info (Gender, age, level, etc.):

Performance			Tes						Tr	aini	Yearly Planning Instrument Training Objectives																								
Performance		Tests / Stds Phys. Prep. Tech. Prep. Tact. Prep. Ment. Prep.																																	
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Major Competitions / Camps /																																			
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Strength training								П								П			П				П			П		П					П	T	
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strength / field / lab /								П	T		Ħ		Ħ			Ħ		Ħ	П		Ħ		Ħ	Ħ	T	П	T	Ħ					Ħ	T	
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