**Träningsdagbok Namn:­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­\_\_\_\_**

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| **Dag** | **Aktivitet** | **Tid eller sträcka** | **Kommentar** |
| ***V XX*** | *Exempel:* |  |  |
| *mån* | *Basketträning inne* | *90 min* | *Fys, teknik och skott. Kul* |
| *tis* | *Styrke pass 2* | *30 min* | *Soligt och fint, kändes ok* |
| *tor* | *Löpning 4 + styrke 1* | *50 min* | *Jag dööör... Men ok efteråt.* |
| *lör* | *Cykel* | *18 km* | *Utflykt och tävlade på hemvägen*  |
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| **V 19** |  |  |  |
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| **V 20** |  |  |  |
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| **V 21** |  |  |  |
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| **V 22** |  |  |  |
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| **V 23** |  |  |  |
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| **Dag** | **Aktivitet** | **Tid eller sträcka** | **Kommentar** |
| **V 24** |  |  |  |
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| **V 25** |  |  |  |
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| **V 26** |  |  |  |
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| **V 27** |  |  |  |
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| **V 28** |  |  |  |
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| **V 29** |  |  |  |
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| **V 30** |  |  |  |
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| **Dag** | **Aktivitet** | **Tid eller sträcka** | **Kommentar** |
| **V 31** |  |  |  |
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| **V 32** |  |  |  |
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| **V 33** |  |  |  |
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| **V 34** |  |  |  |
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| **V 35** |  |  |  |
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| **V 36** |  |  |  |
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| **V 37** |  |  |  |
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