# Träningsdagbok Stöcke IF Volleyboll

## Sommarträning 2019-Division 2

Lycka till! 😊

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| **Vecka/datum** | **Träningspass** | **Kommentar** |
| Ex. v 23, 4/6 | Pass 1 sommarträningsprogrammet | Lätt start, tungt på slutet  Lite ont i höger fot |
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Bra jobbat!!