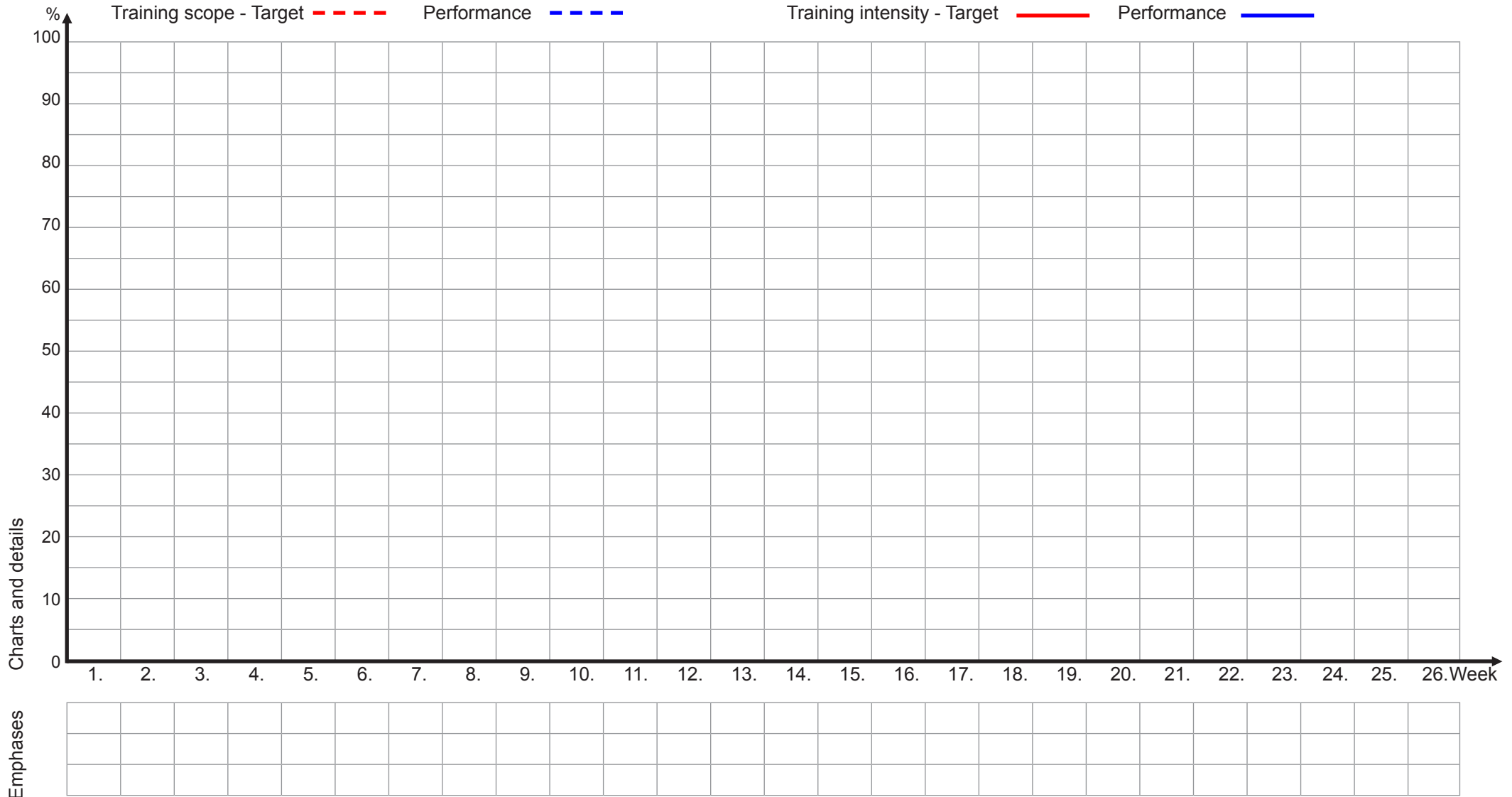




# Training plan

Season \_\_\_\_ / \_\_\_\_

First half | Second half of the season



Short cuts: TE = Technic | TA = Tactic | ToE = Training of elementary endurance | S = Strength | E = Explosiveness | F = Flexibility | CO = Coordination | Other short cuts: \_\_\_\_\_