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| **Kalenderwoche:**  | **Absolviertes Training** | **Kommentar** | **Trainingsdaten** |
| **WT/Datum** | **Dauer** | **Trainingsprogramm** | **KV** | **MV** | **Allgemein/Grund** | **RP** | **HF**  | **km** | **kg** |
| **Mo/** |  |  |  |  |  |  |  |  |  |
| **Di/** |  |  |  |  |  |  |  |  |  |
| **Mi/** |  |  |  |  |  |  |  |  |  |
| **Do/** |  |  |  |  |  |  |  |  |  |
| **Fr/** |  |  |  |  |  |  |  |  |  |
| **Sa/** |  |  |  |  |  |  |  |  |  |
| **So/** |  |  |  |  |  |  |  |  |  |
| **Mo/** |  |  |  |  |  |  |  |  |  |
| **Di/** |  |  |  |  |  |  |  |  |  |
| **Mi/** |  |  |  |  |  |  |  |  |  |
| **Do/** |  |  |  |  |  |  |  |  |  |
| **Fr/** |  |  |  |  |  |  |  |  |  |
| **Sa/** |  |  |  |  |  |  |  |  |  |
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| **Mo/** |  |  |  |  |  |  |  |  |  |
| **Di/** |  |  |  |  |  |  |  |  |  |
| **Mi/** |  |  |  |  |  |  |  |  |  |
| **Do/** |  |  |  |  |  |  |  |  |  |
| **Fr/** |  |  |  |  |  |  |  |  |  |
| **Sa/** |  |  |  |  |  |  |  |  |  |
| **So/** |  |  |  |  |  |  |  |  |  |