



# CZECH MEN NATIONAL TEAM

## SCHEDA ALLENAMENTO

Seduta del: \_\_\_\_\_ Ora: \_\_\_\_\_ Luogo: \_\_\_\_\_

Obiettivi: \_\_\_\_\_

Duración: \_\_\_\_\_

Assenti: \_\_\_\_\_

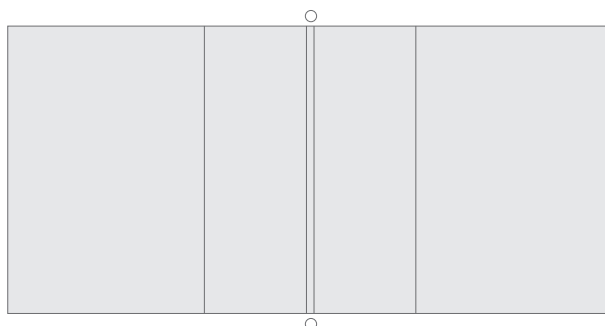
Note: \_\_\_\_\_

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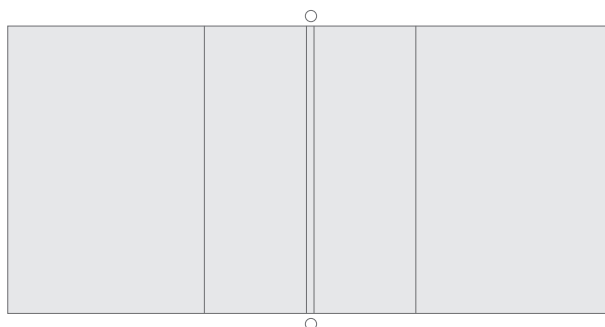
Riscaldamento: \_\_\_\_\_

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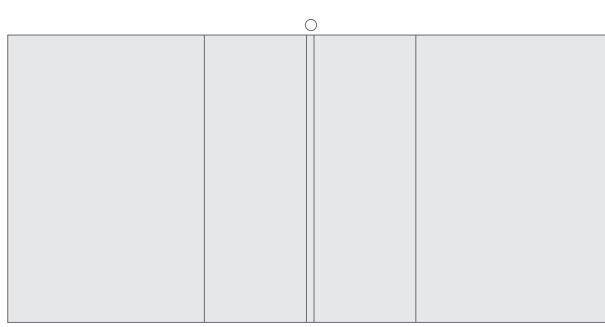
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