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| ORDEN |  | FECHA | DFADF | HORA |   |
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| **OBJETIVOS** |  | **JUGADOR@S** |
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| **OBSERVACIONES** |  |  |
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| **DIARIO, APUNTES Y COMENTARIOS DEL ENTRENAMIENTO** |  |  |
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| **CALENTAMIENTO** |
| TIEMPO | EJERCICIO | OBSERVACIONES | GRÁFICOS |
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| **PARTE PRINCIPAL** |
| TIEMPO | EJERCICIO | OBSERVACIONES | GRÁFICOS |
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| **VUELTA A LA CALMA** |
| TIEMPO | EJERCICIO | OBSERVACIONES | GRÁFICOS |
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