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| ORDEN |  | FECHA |  | 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** | | | |
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| **PARTE PRINCIPAL** | | | |
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| **VUELTA A LA CALMA** | | | |
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