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| **СПОРТИВНЫЙ ДНЕВНИК**Спортсмена **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**(ФИО)Спортивная организация \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(наименование организации)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| Дата тренировочного занятия: «\_\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2020 г.Место проведения тренировочного занятия:

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| **Содержание**  | **Дозировка**  | **Комментарии занимающегося (самочувствие, ощущения, трудности, показатели пульса)** |
| 1. Подготовительная часть (разминка) |  |  |
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| 2. Основная часть |  |  |
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| 3. Заключительная часть |  |  |
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