Výkaz tréningových ukazovateľov – mesačný.

Meno: Mesiac: Klub:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ŠermPočet/ hod | ŠkolaPočet/ hod | VoľnýPočet/ hod | PlávaniePočet/ km | Akm | Bkm | Ckm | BehPočet/ km | Akm | Bkm | Ckm | StreľbaPočet/ hod | JazdaPočet/ hod | CelkovoPočet/ hod |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Pretekár: Schválil (tréner, alebo štatutár):

 Meno: Mesiac: Klub:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ŠermPočet/ hod | ŠkolaPočet/ hod | VoľnýPočet/ hod | PlávaniePočet/ km | Akm | Bkm | Ckm | BehPočet/ km | Akm | Bkm | Ckm | StreľbaPočet/ hod | JazdaPočet/ hod | CelkovoPočet/ hod |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Pretekár: Schválil (tréner, alebo štatutár):

Meno: Mesiac: Klub:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ŠermPočet/ hod | ŠkolaPočet/ hod | VoľnýPočet/ hod | PlávaniePočet/ km | Akm | Bkm | Ckm | BehPočet/ km | Akm | Bkm | Ckm | StreľbaPočet/ hod | JazdaPočet/ hod | CelkovoPočet/ hod |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Pretekár: Schválil (tréner, alebo štatutár):

Meno: Mesiac: Klub:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ŠermPočet/ hod | ŠkolaPočet/ hod | VoľnýPočet/ hod | PlávaniePočet/ km | Akm | Bkm | Ckm | BehPočet/ km | Akm | Bkm | Ckm | StreľbaPočet/ hod | JazdaPočet/ hod | CelkovoPočet/ hod |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Pretekár: Schválil (tréner, alebo štatutár):

Meno: Mesiac: Klub:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ŠermPočet/ hod | ŠkolaPočet/ hod | VoľnýPočet/ hod | PlávaniePočet/ km | Akm | Bkm | Ckm | BehPočet/ km | Akm | Bkm | Ckm | StreľbaPočet/ hod | JazdaPočet/ hod | CelkovoPočet/ hod |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Pretekár: Schválil (tréner, alebo štatutár):