Výkaz tréningových ukazovateľov – mesačný.

Meno: Mesiac: Klub:

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| Šerm  Počet/ hod | Škola  Počet/ hod | Voľný  Počet/ hod | Plávanie  Počet/ km | A  km | B  km | C  km | Beh  Počet/ km | A  km | B  km | C  km | Streľba  Počet/ hod | Jazda  Počet/ hod | Celkovo  Počet/ hod |
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Pretekár: Schválil (tréner, alebo štatutár):

Meno: Mesiac: Klub:

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Pretekár: Schválil (tréner, alebo štatutár):

Meno: Mesiac: Klub:

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Pretekár: Schválil (tréner, alebo štatutár):

Meno: Mesiac: Klub:

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| Šerm  Počet/ hod | Škola  Počet/ hod | Voľný  Počet/ hod | Plávanie  Počet/ km | A  km | B  km | C  km | Beh  Počet/ km | A  km | B  km | C  km | Streľba  Počet/ hod | Jazda  Počet/ hod | Celkovo  Počet/ hod |
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Pretekár: Schválil (tréner, alebo štatutár):

Meno: Mesiac: Klub:

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| Šerm  Počet/ hod | Škola  Počet/ hod | Voľný  Počet/ hod | Plávanie  Počet/ km | A  km | B  km | C  km | Beh  Počet/ km | A  km | B  km | C  km | Streľba  Počet/ hod | Jazda  Počet/ hod | Celkovo  Počet/ hod |
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Pretekár: Schválil (tréner, alebo štatutár):