

Trainingslogboek

Plan, noteer en volg je trainingen

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- 01** Stel een trainingsdoel
- 02** Noteer elke training
- 03** Zie je vooruitgang groeien

[Inhoud](#)

Inhoud

Klik op een onderdeel om erheen te gaan.

Zo gebruik je het	Mijn trainingsdoelen	Persoonlijke records	Week 1	Week 2	Week 3
Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Week 10	Week 11	Week 12	Training 1	Training 2	Training 3
Training 4	Training 5	Training 6	Training 7	Training 8	Training 9
Training 10	Training 11	Training 12	Training 13	Training 14	Training 15
Training 16	Training 17	Training 18	Training 19	Training 20	Training 21
Training 22	Training 23	Training 24	Training 25	Training 26	Training 27
Training 28	Training 29	Training 30	Training 31	Training 32	Training 33
Training 34	Training 35	Training 36	Training 37	Training 38	Training 39
Training 40	Cardiolog 1	Cardiolog 2	Cardiolog 3	Cardiolog 4	

