**Dnevnik ciljeva I treninga**

Ime:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sedmica od:\_\_\_\_\_\_\_\_\_\_\_\_\_

**Ciljevi treninga:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FIIT praćenje:**

Broj otkucaja u mirovanju\_\_\_\_\_\_\_\_\_ Maksimalan broj otkucaja srca\_\_\_\_\_\_\_\_\_\_\_

Ciljani broj otkucaja srca prema intenzitetu: **NIZAK =**\_\_\_\_\_\_ **NORMALAN =**\_\_\_\_\_\_ **VISOK =** \_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Vježba | Intenzitet  | Vrijeme | Vrsta | Komentari |
| NedjeljaDatum: | o Kardio/aerobnio Snaga/otporo Fleksibilnost/istezanjeo Ravnoteža | o**L** o**U** o**J**o**L** o**U** o**J**o**L** o**U** o**J** |  |  |  |
| PonedjeljakDatum: | o Kardio/aerobnio Snaga/otporoFleksibilnost/istezanjeo Ravnoteža | o**L** o**U** o**J**o**L** o**U** o**J**o**L** o**U** o**J** |  |  |  |
| UtorakDatum: | o Kardio/aerobnio Snaga/otporo Fleksibilnost/istezanjeo Ravnoteža | o**L** o**U** o**J**o**L** o**U** o**J**o**L** o**U** o**J** |  |  |  |
| Srijeda Datum: | o Kardio/aerobnio Snaga/otporo Fleksibilnost/istezanjeo Ravnoteža | o**L** o**U** o**J**o**L** o**U** o**J**o**L** o**U** o**J** |  |  |  |
| ČetvrtakDatum: | o Kardio/aerobnio Snaga/otporo Fleksibilnost/istezanjeo Ravnoteža | o**L** o**U** o**J**o**L** o**U** o**J**o**L** o**U** o**J** |  |  |  |
| PetakDatum: | o Kardio/aerobnio Snaga/otporo Fleksibilnost/istezanjeo Ravnoteža | o**L** o**U** o**J**o**L** o**U** o**J**o**L** o**U** o**J** |  |  |  |

**L = Lagano U = Umjereno J= Jako**

**Komentari: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**