**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 |
| Nedjelja  Datum: | o Kardio/aerobni  o Snaga/otpor  o Fleksibilnost/istezanje  o Ravnoteža | o**L** o**U** o**J**  o**L** o**U** o**J**  o**L** o**U** o**J** |  |  |  |
| Ponedjeljak  Datum: | o Kardio/aerobni  o Snaga/otpor  oFleksibilnost/istezanje  o Ravnoteža | o**L** o**U** o**J**  o**L** o**U** o**J**  o**L** o**U** o**J** |  |  |  |
| Utorak  Datum: | o Kardio/aerobni  o Snaga/otpor  o Fleksibilnost/istezanje  o Ravnoteža | o**L** o**U** o**J**  o**L** o**U** o**J**  o**L** o**U** o**J** |  |  |  |
| Srijeda  Datum: | o Kardio/aerobni  o Snaga/otpor  o Fleksibilnost/istezanje  o Ravnoteža | o**L** o**U** o**J**  o**L** o**U** o**J**  o**L** o**U** o**J** |  |  |  |
| Četvrtak  Datum: | o Kardio/aerobni  o Snaga/otpor  o Fleksibilnost/istezanje  o Ravnoteža | o**L** o**U** o**J**  o**L** o**U** o**J**  o**L** o**U** o**J** |  |  |  |
| Petak  Datum: | o Kardio/aerobni  o Snaga/otpor  o Fleksibilnost/istezanje  o 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**