



C.B. CALELLA

Programa diari d'entrenament

Temporada

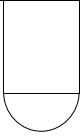
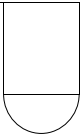
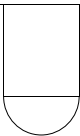
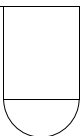
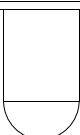
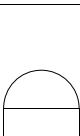
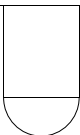
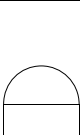
Etapa

Equip

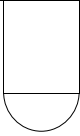
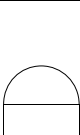
Dia

ENTRENAMENT

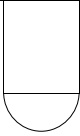
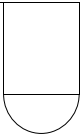
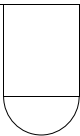
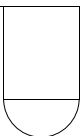
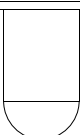
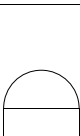
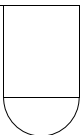
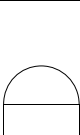
GENERAL - ESCALFAMENT

ENTRENAMENT PISTA

PLA FÍSIC - RELAXAMENT

OBSERVACIONS

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