

**Mannschaft:** ……………………………………………………………………………………………………………. **Datum:** ……………………………….…………

**Schwerpunkt:** …………………………………………………………………………………………………………………………………………………………………………….

**SSV Markranstädt e.V.**

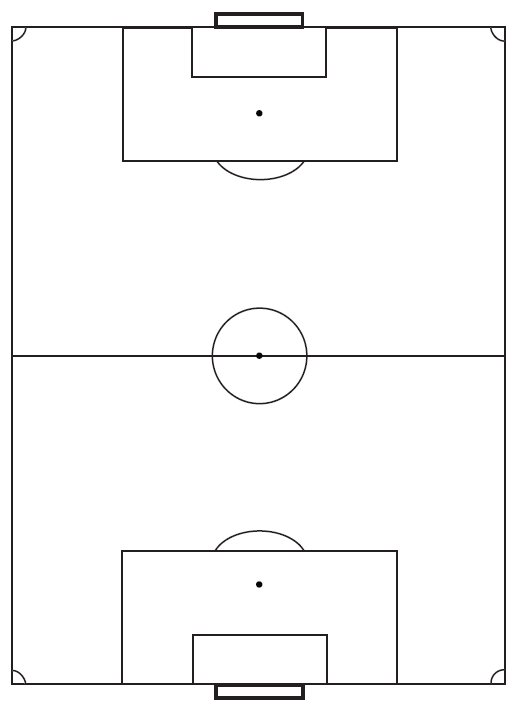
Am Stadtbad 30,

04420 Markranstädt

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www.ssv-markranstaedt.de

**TRAININGSKONZEPT**



**Erwärmung:**

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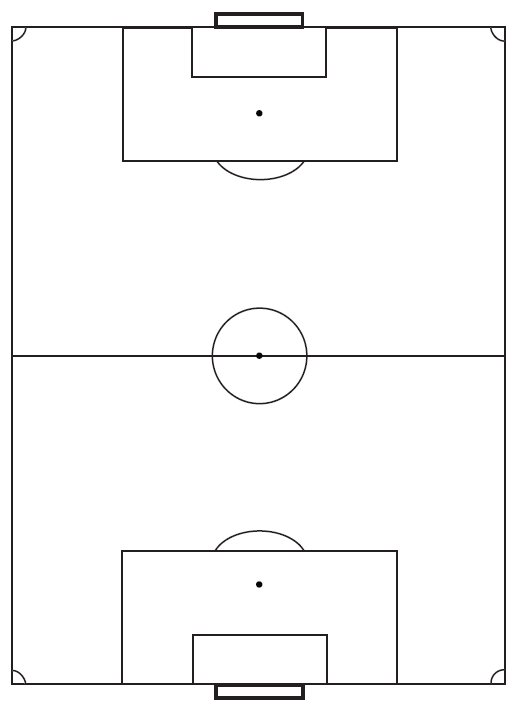
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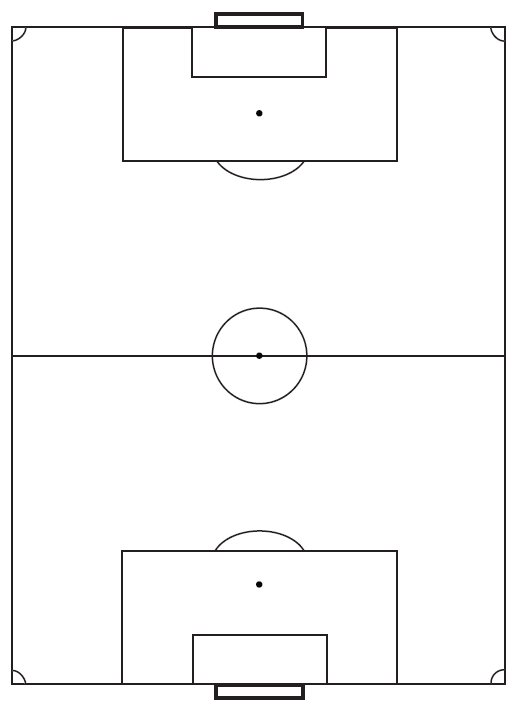
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