



Dit is het cardio logboek van _____

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| Datum → | | | | | | | | | |
| Hardlopen | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ |
| Programma | | | | | | | | | |
| Tijdsduur | | | | | | | | | |
| Hellingshoek | | | | | | | | | |
| Afstand | | | | | | | | | |
| Snelheid | | | | | | | | | |
| Calorieën | | | | | | | | | |

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| Datum → | | | | | | | | | |
| Crosstrainen | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ |
| Programma | | | | | | | | | |
| Tijdsduur | | | | | | | | | |
| Level/niveau | | | | | | | | | |
| Afstand | | | | | | | | | |
| Calorieën | | | | | | | | | |

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| Fietsen | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ |
| Programma | | | | | | | | | |
| Tijdsduur | | | | | | | | | |
| Level/niveau | | | | | | | | | |
| Afstand | | | | | | | | | |
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| Calorieën | | | | | | | | | |

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| Tijdsduur | | | | | | | | | |
| Level/niveau | | | | | | | | | |
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