**TRÉNINGOVÝ PROGRAM**

(TRAINING MODULE)

**PREDMET**

(SUBJECT) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRÉNINGOVÁ METÓDA**

(TRAINING METHODS)

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**CIEĽ**

(AIM)

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**TRVANIE**

(DURATION) \_\_\_\_\_\_\_ minút

**MATERIÁL/ POTREBNÉ VYBAVENIE**

(MATERIALS/EQUIPMENT REQUIRED)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**POSTUP**

(PROCEDURE)

1.

 \_\_\_ minút

2.

\_\_\_ minút

3.

\_\_\_ minút

4.

\_\_\_ minút

5.

\_\_\_ minút

**INÉ ZDROJE, KTORÉ BY MOHLI BYŤ POUŽITÉ**

(OTHER RESOURCES THAT COULD BE USED)

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