

MARCOWY KALENDARZ TRENINGOWY

| | Poniedziałek | Wtorek | Środa | Czwartek | Piątek | Sobota | Niedziela | Suma |
|-----|--------------|--------|-------|----------|--------|--------|-----------|------|
| I | | | | | | | | |
| II | | | | | | | | |
| III | | | | | | | | |
| IV | | | | | | | | |
| V | | | | | | | | |