

# Plan Entrenamiento Ultra Trail

plan, design, plot, scheme, project mean a method devised for making or doing something or achieving an end. plan always implies mental formulation and sometimes graphic representation. A plan is typically any list of steps, with details of timing and resources, used to achieve an objective. It is commonly understood as a temporal set of intended actions through which one expects to achieve a ... A plan is a method of achieving something that you have worked out in detail beforehand. The three leaders had worked out a peace plan. He maintains that everything is going according to plan. Plan refers to any method of thinking out acts and purposes beforehand: What are your plans for today? PLAN meaning: 1. a set of decisions about how to do something in the future: 2. a type of arrangement for.... Learn

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