

PROGRAMME

12 semaines du 12/09 au 04/12

		Semaine 1	Semaine 2	Semaine 3	Semaine 4	Semaine 5	Semaine 6	Semaine 7	Semaine 8	Semaine 9	Semaine 10	Semaine 11	Semaine 12															
		du 12 au 18 septembre	du 19 au 25 septembre	du 26 sept. au 2 oct.	du 3 au 9 octobre	du 10 au 16 octobre	du 17 au 23 octobre	du 24 au 30 octobre	du 31 oct. au 6 novembre	du 7 au 13 novembre	du 14 au 20 novembre	du 21 au 27 novembre	du 28 nov. au 4 déc.															
		Exercice	Récup	Exercice	Récup	Exercice	Récup	Exercice	Récup	Exercice	Récup	Exercice	Récup															
VMA > 15km/h	mercredi	4 blocs de				2 blocs de		2 X 200m	200m			2 blocs de		1600m	400m													
		200m	200m			4 X 200m	200m	200m	200m	2 X 400m	400m			1200m	400m	400m	400m	1200m	400m									
		400m	400m	7 X 800m	400m	4 X 400m	400m	5 X 1200m	400m	400m	400m	2 X 800m	400m	5 X 1200m	400m	6 X 1000m	400m	8 X 800m	400m	1000m	400m	800m	400m	1000m	400m			
		800m	400m			4 X 800m	400m			800m	400m	2 X 1200m	400m							800m	400m	1200m	400m	800m	400m			
										1200m	400m	1 X 1600m	400m									1600m	400m	600m	400m	400m	400m	
																						4 X 400m	400m	400m	400m	200m		
			2 X 200m	200m											1600m	1'												
			4 X 200m	200m	1600m	1'	4 X 200m	200m	4 X 200m	200m	4 X 200m	200m	4 X 200m	200m	5 X 1600m	1'	5000m	400m	5 X 1600m	1'	3200m	2'	5000m	400m	5000m	400m	5000m	400m
			1600m	1'	2000m	2'	5000m	2'	3 X 3000m	2'	2 X 1600m	1'	5000m	2'			5 X 200m	200m	5 X 200m	200m	1600m	1'	4 X 400m	400m	5 X 400m	400m	5 X 400m	400m
			3200m	2'	2400m	2'	3000m	2'	4 X 200m	200m	3000m	2'	3000m	2'							4 X 200m	200m						
		1600m	1'	2800m	2'	4 X 200m	200m			2 X 1600m	1'	1600m	1'															
		4 X 200m	200m	2 X 200m	200m					4 X 200m	200m	4 X 200m	200m															
VMA 12 km/h à 15km/h	mercredi	3 blocs de				2 blocs de						2 blocs de		400m	400m	1200m	400m											
		200m	200m			3 X 200m	200m	200m	200m	2 X 200m	200m			1000m	400m	800m	400m	1000m	400m									
		400m	400m	5 X 800m	400m	3 X 400m	400m	4 X 1200m	400m	400m	400m	2 X 400m	400m	4 X 1200m	400m	5 X 1000m	400m	6 X 800m	400m	800m	400m	1200m	400m	800m	400m			
		800m	400m			3 X 200m	400m			800m	400m	2 X 800m	400m							600m	400m	1600m	400m	600m	400m	600m	400m	
										1200m	400m	2 X 1200m	400m											2 X 400m	400m	400m	400m	200m
			4 X 200m	200m	2 X 200m	200m			4 X 200m	200m	4 X 200m	200m	4 X 200m	200m							1600m	1'						
			1600m	1'	1600m	1'	4 X 200m	200m	4 X 200m	200m	1600m	1'	4000m	2'	4 X 1600m	1'	4000m	400m	4 X 1600m	1'	2400m	2'	4000m	400m	4000m	400m	4000m	400m
			3200m	2'	2000m	2'	5000m	2'	2 X 3000m	2'	3000m	2'	2000m	2'			4 X 200m	200m	4 X 200m	200m	1600m	1'	3 X 400m	400m	4 X 400m	400m	4 X 400m	400m
			4 X 200m	200m	2400m	2'	4 X 200m	200m	4 X 200m	200m	1600m	1'	1600m	1'							3 X 200m	200m						
					2 X 200m	200m					4 X 200m	200m	4 X 200m	200m														
VMA < 12km/h	mercredi	2 blocs de				2 blocs de						2 blocs de		1000m	400m													
		200m	200m			2 X 200m	200m	200m	200m	2 X 200m	200m			800m	400m	400m	400m	800m	400m									
		400m	400m	3 X 800m	400m	2 X 400m	400m	3 X 1200m	400m	400m	400m	2 X 400m	400m	3 X 1200m	400m	4 X 1000m	400m	5 X 800m	400m	600m	400m	800m	400m	600m	400m			
		800m	400m			2 X 800m	400m			800m	400m	2 X 800m	400m							400m	400m	1200m	400m	400m	400m	400m	400m	
										1200m	400m	1200m	400m									1600m	400m	200m				
			4 X 200m	200m	2 X 200m	200m			4 X 200m	200m	4 X 200m	200m	4 X 200m	200m							1600m	1'						
			1600m	1'	1600m	1'	4 X 200m	200m	4 X 200m	200m	1600m	1'	3000m	2'	3 X 1600m	1'	3000m	400m	3 X 1600m	1'	2000m	2'	3000m	400m	3000m	400m	3000m	400m
			1600m	1'	2000m	2'	3000m	2'	3000m	2'	1600m	1'	1600m	1'			3 X 200m	200m	3 X 200m	200m	1600m	1'	2 X 400m	400m	3 X 400m	400m	3 X 400m	400m
			4 X 200m	200m	2 X 200m	200m	4 X 200m	200m	4 X 200m	200m	4 X 200m	200m	4 X 200m	200m							2 X 200m	200m						