



ENTRAINEMENT AFS 2017

SEMAINE 1

1/ 1H00 COOL

2/20MN COOL + 10 X 30/30 +20 MN COOL

3/20MN COOL + 2X 15MN ALLURE MARATHON RECUP 5MN + 15MN COOL

4/ 1H30 COOL

SEMAINE 2

1/1H00 COOL

2/20MN COOL + 8 X1MN/1MN + 20 MN COOL

3/20 MN COOL + 30 MN ALLURE MARATHON + 20 MN COOL

4/1H45 COOL

SEMAINE 3

1/1H00 COOL

2/20MN COOL + 6 X 2MN30 RECUP 1M30 + 20 MN COOL

3/20 MN COOL + 45 MN ALLURE MARATHON + 15 MN COOL

4/2H00 COOL

SEMAINE 4

1/1H00 COOL

2/20MN COOL + 5 X 4MN RECUP 2MN + 20 MN COOL

3/20 MN COOL + 45 MN ALLURE MARATHON + 15 MN COOL

4/ L'IDEAL SERAIT DE COURIR UN SEMI

SEMAINE 5

1/1H00 COOL

2/20MN COOL + 4 X 6MN RECUP 3MN + 20 MN COOL

3/20 MN COOL + 2 X30MN ALLURE MARATHON RECUP 6MN + 15 MN COOL

4/2H15 COOL

SEMAINE 6

1/1H00 COOL

2/1H15 COOL

3/1H30 COOL

SEMAINE 7

1/1H00 COOL

2/20MN COOL + 3 X 10MN RECUP 4MN + 20 MN COOL

3/15 MN COOL + 2 X40MN ALLURE MARATHON RECUP 8MN + 10 MN COOL

4/2H00 COOL

SEMAINE 8

1/1H00 COOL

2/20MN COOL + 4 X 6MN RECUP 3MN + 20 MN COOL

3/15 MN COOL + 2 X30MN ALLURE MARATHON RECUP 8MN + 10 MN COOL

4/2H30 COOL

SEMAINE 9

1/1H00 COOL

2/15 MN COOL + 2 X30MN ALLURE MARATHON RECUP 8MN + 10 MN COOL

3/1H45 COOL

SEMAINE 10

1/45MN COOL

2/45MN COOL

3/45MN COOL