



PROGRAMME PREPARATION

RUN 1 (23/7)

40 minutes Cool

RUN 2 (25/7)

7 minutes Cool – 1 minute rapide X5 – cooling down 2 minutes

RUN 3 (27 ou 28/7)

7 minutes Cool – 1 minute rapide X6 – cooling down 2 minutes

RUN 4 (30/7)

10 minutes Cool

8X 1 minute rapide – 1 minute lente

10 minutes cool

6 minutes à fond distance maximum en 6 minutes – cooling down 2 minutes

RUN 5 (1/8)

50 minutes cool

RUN 6 (3 ou 4/8)

5 minutes cool + 1 minute rapide X8 – cooling down 2 minutes

RUN 7 (6/8)

10 minutes cool

3 minutes rapide – 1 minute cool – 10 burpees – 20 jumps saut – 20 fentes avant – 3 minutes

trotter → X4

RUN 8 (8/8)

10 minutes cool

8X 1 minutes rapide – 1 minute lente

10 minutes cool

6 minutes à fond distance maximum en 6 minutes – 2 minutes cooling down

RUN 9 (10 ou 11/8)

50 minutes jogging

RUN 10 (13/8)

10 minutes cool

3 minutes rapide – 1 minute cool – 10 burpees – 20 jumps saut – 20 fentes avant – 3 minutes

trotter → X4

RUN 11 (15, 16, 17 ou 18/8)

10 minutes cool

1 minute très rapide – 1 minute cool X6

25 jumps squat – 20 fentes avant – 25 jumps squat

2 minutes cool

30 secondes course maximum – 30 secondes course cool X6

25 jumps squat – 20 fentes avant – 25 jumps squat

2 minutes cool

15 secondes course maximum – 15 secondes course cool X6

10 minutes cool

RUN 12 (20/8)

10 minutes Cool

2 minutes très rapide – 1 minute cool – 12 burpees – 25 jumps squat – 20 fentes avant – 2 minutes trotter X5

RUN 13 (22/8)

10 minutes cool

1 minute très rapide – 1 minute cool X4

25 jumps squat – 20 fentes avant – 25 jumps squat

2 minutes cool

30 secondes course maximum – 30 secondes course cool X4

25 jumps squat – 20 fentes avant – 25 jumps squat

2 minutes cool

15 secondes course maximum – 15 secondes course cool X4

10 minutes cool

22 au 25/8 → STAGE en BELGIQUE