

Plan Trail Galouperien BRIEC Février 2018

29/01/18	30/01/18	31/01/18	01/02/18	02/03/18	03/02/18	04/02/18
repos	25' footing +12*200 r=40" +5' recup	40' facile	30' footing facile +3*8' allure as 21(45" plus vite que le footing) sinon allure trail 22km r=2' footing + 10' recup	repos	30' footing + 10*100m en cotes recup footing descente +10' recup	Sortie coray ou 1h30
05/02/18	06/02/18	07/02/18	08/02/18	09/02/18	10/02/18	11/02/18
Repos	30' footing+ 10*200m r=40" trotte +5' recup	Repos pour trail trevarez	50' footing facile trail trevarez	repos	30' footing + 6*15"/15"	Trevarez ou sortie longue 1h45
	30' footing+ 10*200m r=40" trotte +5' recup	40' footing souple pour les autres	30' footing +2'3'4'4'3'2' recup moitie du temps couru en nature allure trail court +5' recup	repos	30' footing +8*30" en cotes recup descente trotte +recup 10'	
12/02/18	13/02/18	14/02/18	15/02/18	16/02/18	17/02/18	18/02/18
repos	30' footing +10*200m r=40" +5' recup	Repos challenge cuba	50' footing facile	repos	30' footing +6*15"/15"	Challenge cuba
	30' footing +10*200m r=40" +5' recup	60' footing facile	30' footing+ 10'/8'/6'/2*1' r=3'/2'/1'30/30" allure trail 22km ou semi sauf les 1' allure 10km +5' recup	repos	1h 15 footing	Sortie longue avec denivele 1h45 a 2 h
19/02/18	20/02/18	21/02/18	22/02/18	23/02/18	24/02/18	25/02/18
repos	30' footing +200/400/600/8 00/800/600/400/ 200 recup 40"/1'/1'15/1'30/ 1'30/1'15/1'/ +5'recup	45' souple	50' footing +10' allure trail 22km ou allure semi ou allure 45" + vite que footing +5' recup	repos	1h facile	Sortie 1h30 footing en nature ave denivele
	Pour challenge cuba 30' footing +10*30"/30" +5'recup	45' souple	30' footing +8*2' allure 10km =1' 5' recup	repos	1h facile	Sortie 1h30 footing en nature ave denivele
26/02/18	27/02/18	28/02/18	01/03/18	02/03/18	03/03/18	04/03/18
repos	30 footing +8*400m r=1' +5' recup	repos	50 footing	repos	30' footing+ 6*15"/15" ou	cap sisun ou sortie longue
repos	30 footing +8*400m r=1' +5' recup	repos	30' footing +3*10 allure semi ou trail 22km o 45" plus vite que footing recup=3' entre +10' recup	repos	30' footing+ 45' en up and down montees descente +10' reup	Sortie longue