

| 02/04/2018 | 03/04/2018 | 04/04/2018 | 05/04/2018 | 06/04/2018 | 07/04/2018 | 08/04/2018 |
|--|--|--------------------------------|--|----------------------------|--|---|
| 45' footing facile | 30' footing +10*300 R=50'' Allure vma +5/10' recup | Repos ou footing facile 45' | 30' footing +8*2' fartleck en nature R=1' +10' recup | repos | 30' footing + 10*20'' en cote nature R=descente footing +10' recup | L aber wrac'h 1h30 footing long facile nature |
| 09/04/2018 | 10/04/2018 | 11/04/2018 | 12/04/2018 | 13/04/2018 | 14/04/2018 | 15/04/2018 |
| repos | 30' footing +12*200 R=40'' +10' recup | Repos ou footing facile 45' | 60' footing facile | repos | 30' footing + 6*15''/15'' | loc eguiner (Challenge Armorik Trail) |
| 16/04/2018 | 17/04/2018 | 18/04/2018 | 19/04/2018 | 20/04/2018 | 21/04/2018 | 22/04/2018 |
| 30' facile | Pour ceux qui ont couru le 15 pas de seance de cotes !! 30' footing+ 10*200 R=40'' +recup | 45' facile | 30 footing +4*5' allure 15 km R=2'30 +10' recup | repos | 30' footing +8*30'' en cotes nature R=descente footing +10' recup/ Pour ceux qui font But 1h30footing et repos le dimanche | Sortie 1h30 Nature ou Rosporden (Challenge CUBA) |
| 23/04/2018 | 24/04/2018 | 25/04/2018 | 26/04/2018 | 27/04/2018 | 28/04/2018 | 29/04/2018 |
| 45' facile +5' allure semi +5' recup | 30'footing+ 10*200 R=40'' +10' recup allure vma | 45' footing | repos | 30' footing+ *15''/15'' | BUT | 30' facile |