

05/03/2018	06/03/2018	07/03/2018	08/03/2018	09/03/2018	10/03/2018	11/03/2018
repos	50' footing cool	repos	30' footing +10*200 R=40'' +5' recup	40' footing	60' footing facile	1h15 footing nature
12/03/2018	13/03/2018	14/03/2018	15/03/2018	16/03/2018	17/03/2018	18/03/2018
repos	30' footing +8*300 R=50'' Allure vma +5' recup	45' footing facile	30' footing +2*10' Allure semi +10' recup	repos	30' footing +PPG +recup Stade briec 9h30	1h30/1h45 Footing nature
19/03/2018	20/03/2018	21/03/2018	22/03/2018	23/03/2018	24/03/2018	25/03/2018
repos	30' footing +12*200 R=40'' + recup	40' footing	30' footing +2*8' allure semi +5*30''/30'' allure vma +recup		Footing 1h20	Repos Pour la trace
26/03/2018	27/03/2018	28/03/2018	29/03/2018	30/03/2018	31/03/2018	01/04/2018
50' facile	30' footing +10*200 Pour la trace R=40'' +recup	40' facile	repos	30' footing +6*15''15''	La trace 15/30km	30' footing facile Ou sortie velo 1h