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|--------------------|--|---|--|--------------------|------------------------------|--|
| 30/04/18 | 01/05/18 | 02/05/18 | 03/05/18 | 04/05/18 | 05/05/18 | 06/05/18 |
| repos | Footing 60' | Repos | 60' footing | repos | 60' footing | 30'footing +10*200+ 5'recup pour ceux qui courent le 10 mai |
| | | | | | | sinon 30' footing +fartleck nature 2'/3'/4'/4'/3'/2' r=1/2 tps couru +5' recup |
| 07/05/18 | 08/05/18 | 09/05/18 | 10/05/18 | 11/05/18 | 12/05/18 | 13/05/18 |
| 50' facile | Repos pour le 10 mai | 30'footing+ 6*15''/15'' pour le 10 mai | Trail du faouet/ la presqu ilienne/ | 40' footing facile | 30' footing + 6*15''/15'' | Trail Keriulet/ ou footing 1h15 nature |
| | sinon 30' footing +10*200 r=40'' +5' recup | sinon repos | sinon 50'footing facile | | | |
| 14/05/18 | 15/05/18 | 16/05/18 | 17/05/18 | 18/05/18 | 19/05/18 | 20/05/18 |
| 45' facile | 30'footing +12*200 r=40'' +5'recup | 45' facile | 30 footing +4*5' allure 15 km R=2'30 +10' recup | 45' footing facile | | Sortie 1h15 |
| 21/05/18 | 22/05/18 | 23/05/18 | 24/05/18 | 25/05/18 | 26/05/18 | 27/05/18 |
| 45' footing facile | Repos pour lennon | 30' footing +6*15/15 | Trail lennon | 45' footing | repos | 30'footing +fartleck 12 a 15*1'/1' + recup |
| | sinon 30'footing+ 200/400/600/800/600/400/200 R=40''/1'/1'30/2'/1'30/1'/40'' +5' recup | | sinon 30' footing+ 2*10' allure semi r=3' +10' recup | | | |