

Août 2014

Septembre 2014

Octobre 2014

	4	11	18	25	1	8	15	22	29		6	
L u n d i												
M a r d i	5 Footing 30mn + 3X1tr Queuleu Récup 2mn 1h20mn	12 Footing 30mn + 10X(1'+1') 1h30mn	19 Footing 30mn + 4X1tr Queuleu Récup 2mn 1h30mn	26 Footing 30mn + 2X10X(1'+1') Récup 3mn 1h30mn	2 Footing 30mn + Endurance 20mn + Seuil 2X20mn Récup 3mn 1h55mn	9 Footing 30mn + Endurance 35mn 1h25mn	16 Footing 30mn + 5X1tr Queuleu Récup 2mn 1h50mn	23 Footing 30mn + Endurance 30mn + Seuil 20mn 1h30mn	30 Footing 30mn + 8X(30"+30") 1h15mn		7 Footing 30mn + Endurance 20mn 1h	
M e r c r e d i	6 Footing 30mn + Endurance 30mn 1h15mn	13 Footing 1h	20 Footing 1h	27 Footing 1h	3 Footing 1h	10 Footing 1h30mn	17 Footing 30mn + 15X(30"+30") 1h50mn	24 Footing 30mn + 1'+2'+3'+4'+5'+4'+3'+ 2'+1' Récup 1mn 1h40mn	30	1 Footing 1h30mn	8	
J e u d i	7 Footing 30mn + 12X300m Récupération 1' 1h20mn	14 Footing 30mn + 6X1000m Récupération 1'30" 1h30mn	21 Footing 30mn + 10X400m Récupération 1' 1h25mn	28 Footing 30mn + 3X3000m Récupération 3' 1h35mn	4 Footing 30mn + 7X1000m Récupération 1'30" 1h30mn	11 Footing 30mn + 8X300m Récupération 1' 1h20mn	18 Footing 30mn + 3X3000m Récupération 3' 1h40mn	25 Footing 30mn + 5X2000m Récupération 2'30" 1h40mn	31	2 Footing 30mn + 7X1000m Récupération 1'30" 1h35mn	9 Footing 1h	
V e n d r e d i	8	15	22	29	5	12	19	26		3	10	
S a m e d i	9 Footing 30mn + Endurance 30mn 1h30mn	16 Footing 30mn + Endurance 40mn 1h40mn	23 Footing 30mn + Endurance 50mn 1h50mn	30 Footing 30mn + Allure marathon 60mn 2h	6 Footing 30mn + Endurance 40mn + Allure marathon 30mn 2h10mn	13 Footing 30mn + Endurance 40mn + Allure marathon 30mn 2h10mn	20 Footing 30mn + Endurance 40mn + Allure marathon 30mn 2h	27 Footing 30mn + Endurance 30mn + Allure marathon 30mn 1h50mn		4 Footing 30mn + Allure marathon 30mn 1h35mn	11	
D i m a n c h e	10 Footing 30mn + 2X2tr Queuleu Récup 3mn 1h20mn	17 Footing 30mn + Allure marathon 30mn 1h50mn	24 Footing 30mn + 3X2tr Queuleu Récup 3mn 2h	31 Footing 30mn + 6X1tr Queuleu Récup 2mn 2h	7 Footing 30mn + 4X2tr Queuleu Récup 3mn 2h	14 Sortie 25km Magny 2h30mn	21 Footing 30mn + Endurance 40mn + Seuil 10mn 2h	28 Sortie 30km Magny 2h30mn		5 Footing 30mn + Endurance 45mn 1h45mn	12 Marathon Metz Mirabelle 42,195 km	



VMA: Allure test de Cooper



Seuil: Allure compétition 15km ou 90% de la FCM



Allure marathon



Endurance: Allure marathon +15" au km ou 70 à 75% de la FCM