

OBJECTIF 10 KM	LUNDI	MARDI	MECREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
02/09/2024	FOOTING 40' + RENFO	2 x (6 x 200) R 100m ET 3'	REPOS	5 x (600 + 400) R 100m ET 2'	REPOS	FOOTING 20' + GAMMES 8 X 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 1H
09/09/2024	FOOTING 40' + RENFO	2 x (8 x 200) R 100m ET 3'	REPOS	5 x 1000m R 2'30	REPOS	FOOTING 20' + GAMMES 8 X 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 1H
16/09/2024	FOOTING 45' + RENFO	2 x (10 x 200) R 100m ET 3'	REPOS	3 x (1000 + 600) R 2' ET 2'	REPOS	FOOTING 20' + GAMMES 10 X 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 1H INCLUS 2 x 6'
23/09/2024	FOOTING 45' + RENFO	TESTE VMA	REPOS	5 x 1000m R 2'30	REPOS	FOOTING 20' + GAMMES 10 X 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 1H INCLUS 2 x 8'

OBJECTIF 10 KM	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
30/09/2024	FOOTING 30' + RENFO/TECHNIQUE + 8 X 100M	10 x (300+200) R 100m ET 1'30	FOOTING SOUPLE OU REPOS	4X 1500m R 2'30	REPOS	VEILLE DE COURSE	RUN NN LYON Course Preparatoire
07/10/2024	REPOS	10 x 30"/30"	FOOTING SOUPLE OU REPOS	2 x 3000m R 3'	REPOS	FOOTING 45' TERRAIN VALLONNE	SORTIE 1h10 INCLUS 6 X 4' R 3'
14/10/2024	FOOTING 30' + RENFO/TECHNIQUE + 8 X 100M	3 x 300m R1' 3 x 400m R1' 3 x 500m R1' 3 x 400m R1' 3 x 300m R1' R 3'	FOOTING SOUPLE OU REPOS	3 X 2000m R 3'	REPOS	FOOTING 45' TERRAIN VALLONNE	SORTIE 1h15 INCLUS 8'/8'/6'/6' R 4'/4'/3'
21/10/2024	FOOTING 30' + RENFO/TECHNIQUE + 8 X 100M	2 x (5 x 600m) R 1'30 ET 3'	FOOTING SOUPLE OU REPOS	1000m/3000m/2000m/ 1000m R2'30/3'30/3'	REPOS	FOOTING 45' TERRAIN VALLONNE	SORTIE 1h15 INCLUS 4 x 6' R 3'

OBJECTIF 10 KM	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
28/10/2024	FOOTING 30' + RENFO/TECHNIQUE + 8 X 100m	2 x (6 x 500m) R 1'15 RETOUR AU DEPART ET 3'	FOOTING SOUPLE OU REPOS	7 x 1000m R 2'30	REPOS	FOOTING 40' TERRAIN VALLONNE	SORTIE 1H15 INCLUS 4 x 5' R 3'
04/10/2024	FOOTING 30' + RENFO/TECHNIQUE + 8 X 100m	2 x (7 x 400m) R 100m ET 3'	FOOTING SOUPLE OU REPOS	500m/1000m/ 2000m/ 1000m/2000m/ 1000m/500m R 1'/2'/3'/2'/3'/2'	REPOS	FOOTING 40' TERRAIN VALLONNE	SORTIE 1H INCLUS 4 x 4' R 3'
11/10/2024	FOOTING 30' + 6 x 100m	400m/500m/1000m/ 1000m/1000m/500m /400m R 1'/1'30/3'/3'/3'/1'30	FOOTING SOUPLE OU REPOS	2 x (4 x 300m) R 100m ET 3'	REPOS	VEILLE DE COURSE	FOULEE VILLEURBANNE 10KM
18/10/2024	FOOTING 30' + ETIREMENT LEGER	REPOS	footing 45' + 4 x 30"/30"	2 x (6x200m) R 100m et 3'	REPOS	VEILLE DE COURSE	10KM TOURNON

OBJECTIF SEMI	LUNDI	MARDI	MECREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
02/09/2024	FOOTING 40' + RENFO	2x (6 x 200m) R 100m ET 3'	REPOS	6 x (600m + 400m) R 100m ET 2'	REPOS	FOOTING 20' + GAMMES 8 x 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 1H
09/09/2024	FOOTING 45' + RENFO	2 x (8 x 200m) R 100m ET 3'	REPOS	6 x 1000m R 2'30	REPOS	FOOTING 20' + GAMMES 8 X 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 1H05
16/09/2024	FOOTING 50' + RENFO	2 x (10 x 200m) R 100m ET 3'	REPOS	4 x (1000m + 600m) R 2' ET 2'	REPOS	FOOTING 20' + GAMMES 10 X 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 1H10 INCLUS 2 x 6' R 2'
23/09/2024	FOOTING 55' + RENFO	TESTE VMA	REPOS	6 x 1000m R 2'30	REPOS	FOOTING 20' + GAMMES 10 X 30" EN COTES RECUP DESCENTE MARCHE	SORTIE 15 KM INCLUS 2 x 8' R 3'

OBJECTIF SEMI	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
30/09/2024	FOOTING 30' + RENFO/TECHNIQUE + 8 x 100m	4 x (200m/300m/400m/ 300m/200m) R 100m ET 3'	FOOTING SOUPLE OU REPOS	5 x 1200m R 2'30	REPOS	VEILLE DE COURSE	RUN IN LYON Course Préparatoire
07/10/2024	REPOS	2 x (10 x 300m) R 100m ET 3'	FOOTING SOUPLE OU REPOS	3 x 2000m R 3'	REPOS	FOOTING 40' TERRRAIN VALLONNE	SORTIE 15 KM INCLUS 3 x 10' R 3'
14/10/2024	FOOTING 1H	2 x (10 X 300m) R 100m ET 3'	FOOTING SOUPLE OU REPOS	2000m + 500m/2000m + 500m/1500m R 1' ET 3'	REPOS	FOOTING 40' TERRRAIN VALLONNE	SORTIE 16 KM INCLUS 4 x 8' R 3'
21/10/2024	FOOTING 1H05	2 x (8 x 400m) R 100m ET 3'	FOOTING SOUPLE OU REPOS	2000m/3000m/2000m R 3'	REPOS	FOOTING 40' TERRRAIN VALLONNE	SORTIE 17 KM INCLUS 3 x 12' R 3'

OBJECTIF SEMI	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
28/10/2024	FOOTING 1H10	2 x (8 x 400m) R 100m ET 3'	FOOTING SOUPLE OU REPOS	5 x 1500m R 3'	REPOS	FOOTING 40' TERRAIN VALLONNE	SORTIE 17 KM INCLUS 2 x 20' R 5'
04/10/2024	FOOTING 1H	2 x (8 x 400m) R 100m ET 3'	FOOTING SOUPLE OU REPOS	2000m/3000m/ 2000m/1000m R 3'/4'/3	REPOS	FOOTING 40' TERRAIN VALLONNE	SORTIE 18KM INCLUS 3 x 15' R 3'
11/10/2024	FOOTING 55'	2 x (6 x 500m) R 1' et 3'	REPOS	4000m/3000m/ 2000m R 3'	FOOTING 30' + RENFO	FOOTING 1H10	REPOS
18/10/2024	FOOTING 45' INCLUS 3 x 4' R 4'	REPOS	25' FOOTING + 7 x 30"/30"	REPOS	VEILLE DE COURSE	SEMI MARATON DU BEAUJOLAIS	

