

PROGRAMME D'ENTRAINEMENT DECEMBRE 2016

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
5-dec	6-dec	7-dec	8-dec	9-dec	10-dec	11-dec	49
repos	repos	repos	repos	Bateau B2 16 Km 2x25' 15' gainage	Bateau B1 18 Km 2x30' 15' gainage	Bateau B2 16 Km 2x25' 15' gainage	
repos	Echauffement Ergo10' C2-2 tours recup ergo 10'	Bateau B1 20Km 2x30' 15' gainage	Echauffement Ergo10' C2-3 tours recupération ergo 10'	repos	Bateau B6 16 Km 6x10 coups		
12-dec	13-dec	14-dec	15-dec	16-dec	17-dec	18-dec	50
				Bateau B1 16 Km 2x30' 15' gainage	Bateau B1 18 Km 2x35' 15' gainage	Bateau B1 18 Km 2x35' 15' gainage	
Test Vo2 ou C2 3 tours	Cardio	Test Vo2 ou bateau	cardio ou C2-3 tours		Bateau B2 16 Km 2x25' 15' gainage	Bateau B6 16 Km 6x10 coups	
19-dec	20-dec	21-dec	22-dec	23-dec	24-dec	25-dec	51
	Bateau B1 18 Km 2x30' 15' gainage		Bateau B6 16 Km 6x10 coups		Bateau B1 20Km 2x30' 15' gainage	NOEL	
Bateau B2 16 Km 2x25' 15' gainage	Echauffement Ergo10' C2-2 tours recup ergo 10'	Bateau B1 20Km 2x30' 15' gainage	Bateau B1 18 Km 2x30' 15' gainage	Echauffement Ergo10' C2-3 tours recupération ergo 10'			
26-dec	27-dec	28-dec	29-dec	30-dec	31-dec	1-jan	52
	Bateau B1 12 Km 45' en continu	Bateau B1 20Km 2x30' 15' gainage		Bateau B1 12 Km 45' en continu	Bateau B1 20Km 2x30' 15' gainage	NOUVEL AN	
Footing 60'	Musculation accent force 5x6 rep. DC/EP/SQ/TR 80% recupération ergo 10'			Musculation accent force 6x6 rep. DC/EP/SQ/TR 80% recupération ergo 10'			

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