

| Janvier | | Février | |
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| 1 | M | FOOTING 3h30👉 | 1 S |
| 2 | J | | 2 D 1h45' (1h footing + 2*15' ASM r=5' + 10' footing) |
| 3 | V | 45' footing | 3 L semaine récup 45' facile ou renfo |
| 4 | S | | 4 M |
| 5 | D | 1h30' footing | 5 M 25' footing + 8*200m r=100m + 10' footing |
| 6 | L | 60' footing ou renfo | 6 J |
| 7 | M | | 7 V 40' footing facile |
| 8 | M | 25' footing + 3 à 5'(500m r=100m + 400m) R=1'30" + 10' footing | 8 S |
| 9 | J | | 9 D TRAIL DES VALENTINS 10-18km MARCHE 10km |
| 10 | V | 30' footing + 4*2' ASM r=1' + 10' footing | 10 L 45' facile ou renfo |
| 11 | S | | 11 M |
| 12 | D | 1h40' footing | 12 M 25' footing + 8 à 10*500m r=1'30" + 10' footing |
| 13 | L | 60' footing ou renfo | 13 J |
| 14 | M | | 14 V 40' footing + 2*10' ASM r=3' + 10' footing |
| 15 | M | 25' footing + 4 à 5*800m r=200m + 10' footing | 15 S |
| 16 | J | | 16 D 1h50' (45' footing + 2*20' ASM r=5'+20' footing) |
| 17 | V | 30' footing + 3 * 3' ASM r=1' + 10' footing | 17 L 60' footing ou renfo |
| 18 | S | weekend St Lary | 18 M |
| 19 | D | weekend St Lary ou 1h45' footing | 19 M 25' footing + 6 à 8'(600m r=100m + 300m) R=1'30" + 10' footing |
| 20 | L | 60' footing ou renfo | 20 J |
| 21 | M | | 21 V 30' footing + 3*10' ASM r=3' + 10' footing |
| 22 | M | 25' footing + 4 à 5*1000m r=2' + 10' footing | 22 S |
| 23 | J | | 23 D 1h50' à 2h (1h footing +40' ASM +10 à 20' footing) |
| 24 | V | 30' footing + 4 * 4' ASM r=1'30" + 10' footing | 24 L 60' footing ou renfo |
| 25 | S | | 25 M |
| 26 | D | 1h50' (1h footing + 20' ASM + 30' footing) | 26 M 25' footing + 3 à 4*2000m r=2'30" + 10' footing |
| 27 | L | 60' footing ou renfo | 27 J |
| 28 | M | | 28 V 30' footing + 2*15' ASM r=3' + 10' footing |
| 29 | M | 25' footing + 3 à 4*1500m r=2' + 10' footing | Mars |
| 30 | J | | 1 S |
| 31 | V | 30' footing + 3 * 5' ASM r=2' + 10' footing | 2 D 1h30' footing facile |
| | | | 3 L semaine récup 45' facile ou renfo |
| | | TEMPS PREVU SUR SEMI | 4 M |
| | | 2h15 : ASM = 11km/h Sortie longue = 8km/h | 5 M 25' footing + 8*200m r=100m + 10' footing |
| | | 2h : ASM = 11 à 12km/h Sortie longue = 8 à 8,5km/h | 6 J |
| | | 1h45 : ASM = 12 à 13km/h Sortie longue = 9 à 10km/h | 7 V 30 à 35' footing facile avec 5'100m à la fin |
| | | 1h30 : ASM = 13 à 14km/h Sortie longue = 11 à 12km/h | 8 S |
| | | 1h15 : vous pouvez tenter ! | 9 D BAZAS-CAZATS-COIMERES-LANGON |
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