

## Feuille1

Août			Septembre		
1	M		1	V	20' footing + 8*400m r=1'30" + 10' footing
2	M	20' footing + 2*10*(30"-30") R=3' + 10' footing	2	S	
3	J		3	D	1h45' (45' endurance + 40' AM +20' end)
4	V	30' footing + 10* 30" en côtes + 10' footing	4	L	1h10' footing + 15' gainage/abdos
5	S		5	M	
6	D	1h30' endurance	6	M	30' footing + 5 à 7*1000m r=2' + 10' footing
7	L	45' footing + 15' gainage/abdos	7	J	
8	M		8	V	1h avec 15' AM
9	M	30' footing + 2*(4*400m r=1') R=4' + 10' footing	9	S	
10	J		10	D	2h (45' endurance + 45' AM +30' end)
11	V	60' footing ( 30' facile + 2*10' nature r=3' + footing de récup)	11	L	45' footing + 15' gainage/abdos
12	S		12	M	
13	D	1h40' endurance	13	M	20' footing + 3000m AM + 3000m AM + 2000m ASM + 1000m A10K r=3' + 10' footing
14	L	60' footing + 15' gainage/abdos	14	J	
15	M	Assomption	15	V	1h30' avec 20' AM
16	M	30' footing + 4 à 6*800m r=2' + 10' footing	16	S	
17	J		17	D	1h50 (30' endurance + 50' AM +30' end)
18	V	30' footing + 10* 40" en côtes + 10' footing	18	L	45' footing + 15' gainage/abdos
19	S		19	M	
20	D	1h45' endurance	20	M	20' footing + 800m + 2*600m + 800m r=2' + 10' footing
21	L	45' footing + 15' gainage/abdos	21	J	
22	M		22	V	20' footing + 10' AM + 20' footing
23	M	30' footing + 4000m AM + 2000m ASM + 1000m A10K r=3' + 10' footing	23	S	
24	J		24	D	SEMI MARATHON DE L'ARMAGNAC - VILLENEUVE DE MARSAN ou 2h (F15' + 1hAM + 45' ASM)
25	V	45' à 1h footing	25	L	1h facile
26	S		26	M	
27	D	45' endurance + 2*15' AM r=2' +25' end	27	M	1h15' footing + 10' gainage/abdos
28	L	60' footing + 15' gainage/abdos	28	J	
29	M		29	V	20' footing + 4000m AM + 3000m ASM + 2000m A10K r=3' + 10' footing
30	M	20' footing + 3000m AM + 2000m ASM + 1000m A10K r=3' + 10' footing	30	S	

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