

NOVEMBRE				
15	L	LA ROCHELLE ou BISCATRIL + BARBASTE	15	L
16	M		16	M
17	M	30' footing + 2 x 30' allure semi r = 5'	17	M
18	J		18	J
19	V	45' footing	19	V
20	S	1 h 45 endurance dont 45' allure marathon (1h + 45')	20	S
21	D		21	D
22	L	45' footing léger	22	L
23	M		23	M
24	M	20' footing + 3 x 1000 m facile r = 3' + 5' footing	24	M
25	J	Repos ou 30' footing léger	25	J
26	V	Repos	26	V
27	S	Repos	27	S
28	D	LA ROCHELLE Marathon ou BISCATRIL	28	D
29	L	Repos	29	L
30	M	Repos	30	M
1	M	45' footing OU REPOS	1	M
2	J		2	J
3	V	45' footing + 5X100m	3	V
4	S		4	S
5	D	1 h 15' footing	5	D
6	L	Repos	6	L
7	M		7	M
8	M	20' footing + 6 à 8x400 m facile r = 1'30 + 5' footing	8	M
9	J		9	J
10	V	40 ' footing	10	V
11	S		11	S
12	D	BARBASTE 9 ou 15km	12	D

NOVEMBRE
BARBASTE
20' footing + 2000m+1500m+1000m r = 3'-2' + 5' footing
20' footing + 15' Allure Semi + 15' footing
1 h 45' endurance nature
Renforcements Musculaires
20' footing + 5 x 1000 m r = 3' + 5' footing
20' footing + 2x10' nature r=3'+ 10' footing
Repos
1h45' endurance
Renforcements Musculaires
20' footing + 2000m+1000m+2000m r = 3'-2' + 5' footing
20' footing + 10x45" côtes
1 h 30' footing
Renforcements Musculaires
20' footing + 6 à 8x400 m facile r = 1'30 + 5' footing
40 ' footing
BARBASTE 9 ou 15km