

SEPTEMBRE			OCTOBRE			NOVEMBRE		
1	M		1	V	30' footing + 12 x 500 m r = 2' + 15' footing facile	1	L	1 h endurance
2	J		2	S		2	M	
3	V		3	D	2 h endurance à 10,5 - 11km/h	3	M	30' footing + 3000 m + 2000 m + 1000m allure semi r = 3' + 15' footing facile
4	S		4	L	1 h 10' footing	4	J	
5	D		5	M		5	V	40' footing + 10 x 1' en côtes r = descente
6	L		6	M	30' footing + 6 x 1000 m allure 10 km r = 3' + 10' footing	6	S	
7	M		7	J		7	D	2 h 30 endurance dont 2 x 30' allure marathon (1h20' + 2x30' r= 5' + 5')
8	M		8	V	45' footing léger	8	L	50' endurance
9	J		9	S		9	M	
10	V		10	D	2 h 15' endurance dont 2*20' allure marathon (1h20' + 2*20' à r=5' + 10')	10	M	30' footing + 12 x 400 m r = 1'30" + 10' footing facile
11	S		11	L	1 h endurance	11	J	
12	D		12	M		12	V	1 h 10' footing
13	L		13	M	30' footing + 3 x 3000 m allure semi r = 3' + 10' footing	13	S	
14	M		14	J		14	D	2 h dont 25' allure marathon (1h30' + 25' + 15')
15	M		15	V	40' footing + 10 x 1' r = 1'	15	L	30' footing + 2 x 15' allure 10 km r = 5'
16	J		16	S		16	M	
17	V		17	D	2 h 15 dont 30' allure marathon (1h30' + 30' + 15')	17	M	30' footing + 2 x 30' allure semi r = 5'
18	S		18	L	1 h footing léger	18	J	
19	D		19	M		19	V	45' footing
20	L	50' d'endurance	20	M	30' footing + 8 x 600 m r = 2' + 10' footing	20	S	1 h 45 endurance dont 45' allure marathon (1h + 45')
21	M		21	J		21	D	
22	M	30' footing + 10 x 300 m r = 50" + 10' footing	22	V	40' footing + 5 x 300 m facile r = 100 m	22	L	45' footing léger
23	J		23	S		23	M	
24	V	45' footing léger	24	D	COMPETITION SEMI ou 2H-2H15 avec 45' allure SEMI	24	M	20' footing + 3 x 1000 m facile r = 3' + 5' footing
25	S		25	L	45' footing léger	25	J	Repos ou 30' footing léger
26	D		26	M		26	V	Repos
27	L	1 h footing de recup (10,5 à 11km/h)	27	M	30' footing + 4 x 2000 m allure semi r = 2' + 10' footing	27	S	Repos
28	M		28	J		28	D	LA ROCHELLE Marathon ou BISCATRIL
29	M	30' footing + 3000 m + 2000 m allure semi r = 3' + 15' footing facile	29	V	50' d'endurance			
30	J		30	S				
			31	D	2 h 30 endurance dont 2 x 30' allure marathon (1h20' + 2x30' r= 5' + 5')			