

SPECIFIQUE 10Km Foulées de Montgeon			Semaine 08/03/10					
Date	08/03/10	09/03/10	10/03/10	11/03/10	12/03/10	13/03/10	14/03/10	
Séance	Repos	VMA	Repos	Spécifique	Repos	Footing	Sortie longue	
Description		4000m footing 65%VMA 2 séries 4 X 400m 95% VMA r =100m 65%VMA R = 400m 65% VMA 1600m footing 65% VMA		4000m footing 65%VMA 4 X 1000m 90% VMA r = 400m 65% VMA 1600m footing 65% VMA		45' footing 65-70% VMA	1h footing 70-75% VMA	
Volume	0.00	10.00	0.00	10.80	0.00	7.00	10.00	37.80

SPECIFIQUE 10Km Foulées de Montgeon			Semaine 15/03/10					
Date	15/03/10	16/03/10	17/03/10	18/03/10	19/03/10	20/03/10	21/03/10	
Séance	Repos	Puissance	Repos	Spécifique	Repos	Footing	Sortie longue	
Description		4000m footing 65%VMA 2 séries 10 X 100m 100% VMA r = 100m 65% VMA R = 400m 65% VMA 1600m footing 65% VMA		4000m footing 65%VMA 1 X 1000m 90% VMA 2 X 2000m 90% VMA r = 400m 65% VMA 1600m footing 65% VMA		45' footing 65-70% VMA	1h 15' footing 70-75% VMA	
Volume	0.00	10.00	0.00	11.40	0.00	7.00	12.50	40.90

SPECIFIQUE 10Km Foulées de Montgeon			Semaine 22/03/10					
Date	22/03/10	23/03/10	24/03/10	25/03/10	26/03/10	27/03/10	28/03/10	
Séance	Repos	VMA	Repos	Spécifique	Repos	Footing	Sortie longue	
Description		4000m footing 65%VMA 2 séries 5 X 300m 95% VMA r =100m 65%VMA R = 400m 65% VMA 1600m footing 65% VMA		4000m footing 65%VMA 2 X 1000m 90% VMA 2 X 2000m 90% VMA r = 400m 65% VMA 1600m footing 65% VMA		45' footing 65-70% VMA	1h 30' footing 70-75% VMA	
Volume	0.00	10.00	0.00	12.40	0.00	7.00	15.25	44.65

SPECIFIQUE 10Km Foulées de Montgeon			Semaine 29/03/10					
Date	29/03/10	30/03/10	31/03/10	01/04/10	02/04/10	03/04/10	04/04/10	
Séance	Repos	VMA	Repos	Spécifique	Repos	Footing	Sortie longue	
Description		4000m footing 65%VMA 2 séries 8 X 200m 100% VMA r = 100m 65% VMA R = 400m 65% VMA 1600m footing 65% VMA		4000m footing 65%VMA 3 X 2000m 90% VMA r = 400m 65% VMA 1600m footing 65% VMA		45' footing 65-70% VMA	1h 15' footing 70-75% VMA	
Volume	0.00	10.80	0.00	12.40	0.00	7.66	12.50	43.36

SPECIFIQUE 10Km Foulées de Montgeon			Semaine 05/04/10					
Date	05/04/10	06/04/10	07/04/10	08/04/10	09/04/10	10/04/10	11/04/10	
Séance	Repos	VMA	Repos	Footing	Repos	Footing	COMPETITION	
Description		4000m footing 65%VMA 2 séries 5 X 400m 95% VMA r =100m 65%VMA R = 400m 65% VMA 1600m footing 65% VMA		45' footing 65-70% VMA		30' footing 65-70% VMA	25' échauffement 10 kilomètres Montgeon 85%-90% VMA	
Volume	0.00	11.00	0.00	7.66	0.00	4.75	14.00	37.41