

SEMI MARATHON MEUSE GRANDE GUERRE

et 10 km de Verdun

Plan de préparation pour le
10 km de Verdun du 18 juin 2016
4 séances Hebdomadaires sur 12 semaines

| JOURS | DATE | SEANCES | | | |
|----------|----------|--|----|--------------------|--------------|
| lundi | 27/03/16 | VMA Courte 20' échauffement + 2 x 10' de 30"30" R:3' 100%VMA | 1 | Période Générale | |
| mardi | 28/03/16 | REPOS | | | |
| mercredi | 29/03/16 | Travail spécif échauffement 15' + 10 x 500 r:2' 90% VMA | | | |
| jeudi | 30/03/16 | REPOS | | | |
| vendredi | 31/03/16 | Footing 45' allure lente | | | |
| samedi | 01/04/16 | Sortie longue 1h05 en terrain varié | | | |
| dimanche | 02/04/16 | REPOS | | | |
| lundi | 03/04/16 | VMA Courte échauffement 20' + 10 x 200 r: 45" 105%VMA | 2 | | |
| mardi | 04/04/16 | REPOS | | | |
| mercredi | 05/04/16 | VMA Longue échauffement 20'+ 12 x 400 r:1'30" 90% | | | |
| jeudi | 06/04/16 | REPOS | | | |
| vendredi | 07/04/16 | Footing 45' allure lente | | | |
| samedi | 08/04/16 | Sortie longue 1h10' | | | |
| dimanche | 09/04/16 | REPOS | | | |
| lundi | 10/04/16 | VMA Courte échauffement 20' + 12 x 300 r:40" 100% VMA | 3 | | |
| mardi | 11/04/16 | REPOS | | | |
| mercredi | 12/04/16 | VMA Longue échauffement 20' + 6 x 1000m r:3' 88%VMA | | | |
| jeudi | 13/04/16 | REPOS | | | |
| vendredi | 14/04/16 | Footing 45' allure lente | | | |
| samedi | 15/04/16 | Sortie longue 1h15' | | | |
| dimanche | 16/04/16 | REPOS | | | |
| lundi | 17/04/16 | VMA Courte échauffement 20' + 2 x 12 x 30"30" R:3' | 4 | | |
| mardi | 18/04/16 | REPOS | | | |
| mercredi | 19/04/16 | VMA Longue échauffement 20'+ 10 x 600 R:2'30 90% | | | |
| jeudi | 20/04/16 | REPOS | | | |
| vendredi | 21/04/16 | Footing 50' | | | |
| samedi | 22/04/16 | Sortie longue 1h05' | | | |
| dimanche | 23/04/16 | REPOS | | | |
| lundi | 24/04/16 | VMA Courte échauffement 20' + 2 x 6 x 200 r:35" R:2' 105% | 5 | | |
| mardi | 25/04/16 | REPOS | | | |
| mercredi | 26/04/16 | VMA Longue échauffement 20' + 7 x 800 r:2'30" 90%VMA | | | |
| jeudi | 27/04/16 | REPOS | | | |
| vendredi | 28/04/16 | Footing 40' allure lente | | | |
| samedi | 29/04/16 | Sortie longue 1h10' | | | |
| dimanche | 30/04/16 | REPOS | | | |
| lundi | 01/05/16 | VMA Courte échauffement 20' + 2 x 8 x 300 r:40" R: 2' 100% | 6 | | |
| mardi | 02/05/16 | REPOS | | | |
| mercredi | 03/05/16 | Travail spécif 20' échauffement 1000 r:2' + 2000 r:3' 3000 r:3' 88% VMA | | | |
| jeudi | 04/05/16 | REPOS | | | |
| vendredi | 05/05/16 | sortie VTT ou vélo route 1h30' | | | |
| samedi | 06/05/16 | Sortie longue 1h15 en terrain varié | | | |
| dimanche | 07/05/16 | REPOS | | | |
| lundi | 08/05/16 | VMA Courte 20' échauffement + 12 x 200 R:2' 100%VMA | 7 | | |
| mardi | 09/05/16 | REPOS | | | |
| mercredi | 10/05/16 | Travail spécif échauffement 20'+ 10 x 600 R:2' 90%VMA | | | |
| jeudi | 11/05/16 | REPOS | | | |
| vendredi | 12/05/16 | Footing 40' lent | | | |
| samedi | 13/05/16 | Sortie longue 1h10' | | | |
| dimanche | 14/05/16 | REPOS | | | |
| lundi | 15/05/16 | VMA Courte 20' échauffement + 6 x 200 r:35"R: 2' 6 x 300 r: 40" 100%VMA | 8 | | |
| mardi | 16/05/16 | REPOS | | | |
| mercredi | 17/05/16 | Travail spécif échauffement 20'+ 3 x 2000 R: 3' 88% | | | |
| jeudi | 18/05/16 | REPOS | | | |
| vendredi | 19/05/16 | sortie VTT lente | | | |
| samedi | 20/05/16 | Sortie longue 1h15' | | | |
| dimanche | 21/05/16 | REPOS | | | |
| lundi | 22/05/16 | Travail spécif 20'échauffement 2 x 3000 r:2' 88% VMA | 9 | | |
| mardi | 23/05/16 | REPOS | | | |
| mercredi | 24/05/16 | VMA Courte échauffement 20' + 3 x 8 x 30" 30" R:3' 105% | | | |
| jeudi | 25/05/16 | Footing 40' lent | | | |
| vendredi | 26/05/16 | REPOS | | | |
| samedi | 27/05/16 | Footing 30' allure lente + 5 x 30m rapide R:50m | | | |
| dimanche | 28/05/16 | Compétition de préparation Allure 10 km et sur 5km et allure libre 10km | | | |
| lundi | 29/05/16 | Footing 45' allure lente | 10 | Période spécifique | |
| mardi | 30/05/16 | REPOS | | | |
| mercredi | 31/05/16 | Footing 50' allure libre | | | |
| jeudi | 01/06/16 | Travail spécif échauffement 20' 1 X 2000 r:3' + 4 x 1000 r:2' 88% VMA | | | |
| vendredi | 02/06/16 | REPOS | | | |
| samedi | 03/06/16 | Sortie longue 1h 05' | | | |
| dimanche | 04/06/16 | REPOS | | | |
| lundi | 05/06/16 | VMA Courte 20' échauffement 3 x 8 x 30" 30" R:3' 100%VMA | 11 | | |
| mardi | 06/06/16 | REPOS | | | |
| mercredi | 07/06/16 | Travail spécif 20'échauffement 3 x 1000 R: 2' + 3000 r:3' 88%VMA | | | |
| jeudi | 08/06/16 | REPOS | | | |
| vendredi | 09/06/16 | sortie VTT lente | | | |
| samedi | 10/06/16 | Sortie longue 1h10' | | | |
| dimanche | 11/06/16 | REPOS | | | |
| lundi | 12/06/16 | Travail spécif 20'échauffement + 2 x 2000 88%VMA | 12 | Relâchement | |
| mardi | 13/06/16 | REPOS | | | |
| mercredi | 14/06/16 | VMA Courte 20' échauffement 2 x 8 x 30"30" R:3' 100%VMA | | | |
| jeudi | 15/06/16 | Footing 35' lent | | | |
| vendredi | 16/06/16 | REPOS | | | |
| samedi | 17/06/16 | Footing 30' + 5 x 17"34" | | | |
| dimanche | 18/06/16 | 10km de Verdun | | | |
| lundi | 19/06/16 | Footing 30' | 13 | | Régénération |
| mardi | 20/06/16 | REPOS | | | |
| mercredi | 21/06/16 | sortie VTT lente | | | |
| jeudi | 22/06/16 | Footing 40' | | | |
| vendredi | 23/06/16 | REPOS | | | |
| samedi | 24/06/16 | Footing 50' | | | |
| dimanche | 25/06/16 | REPOS | | | |