

Cycle	Préparation Templiers							05/11/2003	Moy
		Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche	
1	sem 1	25/08/2003	30' endurance 00:26	Repos	endurance 00:39:00	endurance 00:45	Repos	Trail Cul d'enfer 02:22:00	02:59 50%
		31/08/2003	30"-30" en côte (10) 00:12			8' Seuil en côte (3) 00:24			02:22 40%
			relax 00:19		Test Effort 00:40:00	relax 00:10		FCM moy 145	00:36 10%
			total 00:57		01:19	01:19	00:00	02:22	05:57 05:57
	sem 2	01/09/2003	30' endurance 00:26	endurance 01:04:00	Repos	endurance 00:30	VTT 02:04:00	Rando course 02:16:00	02:20 31%
		07/09/2003	30"-30" en côte (12) 00:12			10' Seuil en côte (3) 00:39		23,600 km	04:20 58%
			relax 00:12			relax 00:08		FCM moy 145	00:51 11%
			total 00:50	01:04	00:00	01:17	02:04	02:16	07:31 06:44
	sem 3	08/09/2003	VTT ou vélo route 00:55	Repos	Entainement CO 01:30	Repos	Repos	Course CO Fontainebleau 02:04:00	01:30 30%
		14/09/2003	13,5 km		Base loisirs 00:30			Circuit B	02:59 60%
									00:30 10%
			total 00:55		02:00	00:00	00:00	02:04	04:59 06:09
2	sem 4	15/09/2003	30' endurance 00:30	Repos	Entrainement CO	Repos	VTT 02:20:00	Course CO 02:05:00	01:20 18%
		21/09/2003	30"-30" en côte (14) 00:14		Footing 00:40:00				04:25 61%
			relax 00:10		lecture de carte				01:29 21%
			total 00:54		00:40	01:15	02:20	02:05	07:14 06:25
	sem 5	22/09/2003	Repos	30' endurance 00:35	Repos	endurance 00:50	Réveil matinal 00:35:00	course des terrils 01:20:00	01:45 33%
		28/09/2003		30"-30" en côte (8) x 2 00:16		15' seuil (2) 00:30			02:50 53%
				relax 00:10		relax 00:10			00:46 14%
				total 01:01	00:00	01:30	01:30	01:20	05:21 06:12
	sem 6	29/09/2003	Repos	endurance 00:30	Repos	Repos	VTT 02:04:00	Course 01:40:00	00:40 15%
		05/10/2003		30"-30" en côte (8) 00:08					03:44 82%
				relax 00:10					00:08 3%
				total 00:00	00:48	00:00	02:04	01:40	04:32 05:55
3	sem 7	06/10/2003	30' endurance 00:40	Repos	Repos	endurance 00:45	VTT 01:00:00	Course 02:47:00	02:50 38%
		12/10/2003	30"-30" en côte (8) x 2 00:18			12' seuil (2800m) 00:12			03:47 51%
			relax 00:06			10' seuil (2200) 00:10			00:52 12%
			total 01:04		00:00	01:39	00:59	01:00	02:47 07:29 06:11
	sem 8	13/10/2003	Repos	30' endurance 00:30	Repos	endurance 00:45	VTT cool 02:40:00	38 km	01:35 34%
		19/10/2003		30"-30" sur le plat (12) 00:12		4' seuil (3)x1000m 00:12			02:40 57%
				relax 00:10		relax 00:10			00:24 9%
				total 00:00	00:52	00:00	01:07	00:00	02:40 04:39 05:57
	sem 9	20/10/2003	Repos	15' endurance 00:27	15' endurance 00:25	15' endurance 00:22	Repos	La course des Templiers 10:00:00	01:14 11%
		26/10/2003		3x400 m fluide 00:08	2x400 m fluide 00:04	1x400 m fluide 00:02			00:14 2%
			total 00:00	00:35	total 00:29	total 00:24		10:00	11:28 06:31

Semaine	1	2	3	4	5	6	7	8	9
Temps	05:57	07:31	04:59	07:14	05:21	04:32	07:29	04:39	11:28
Moyenne	05:57	06:44	06:09	06:25	06:12	05:55	06:11	05:57	06:31
Rdure	00:36	00:51	00:30	01:29	00:46	00:08	00:52	00:24	00:00
Rdouce	02:22	04:20	02:59	04:25	02:50	03:44	03:47	02:40	00:14
Endurance	02:59	02:20	01:30	01:20	01:45	00:40	02:50	01:35	01:14

