**PREPARATION TRAIL**

|  |
| --- |
| **Consignes : les séances débutent par 30 min de footing en EF et finissent toujours par 10 min de footing lent et des étirements**  **VMA- volume maximale aérobie**  **SL - sortie longue en endurance fondamentale en nature sur terrain vallonné** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Semaine 1** | **N° séance** | **Type séance** | **Contenu** |
|  |  |  |  |
|  | | | |
| **Mardi** | **1** | **VMA** | **2x6 45s/45s R= 3’ 100%VMA** |
|  |  |  |  |
| **Jeudi** | **2** | **COTES** |  |
| **Dimanche** | **3** | **SL** | **1h20 terrain vallonné** |
|  | | | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Semaine 2** | | **N° séance** | | | **Type séance** | | **Contenu** | |
|  | |  | |  | | |  | |
|  | | | | | | | | |
| **Mardi** | | **4** | | | **SEUIL** | | **3x2000m R=2’ 85% VMA** | |
|  | |  | | |  | |  | |
| **Jeudi** | | **5** | | | **COTES** | |  | |
| **Dimanche** | | **6** | | | **SL** | | **1h30 terrain vallonné** | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Semaine 3** | | **N° séance** | | | **Type séance** | | **Contenu** | |
|  | |  | |  | | |  | |
|  | | | | | | | | |
| **Mardi** | | **7** | | | **VMA** | | **6x3mn R=1’ 90%VMA** | |
|  | |  | | |  | |  | |
| **Jeudi** | | **8** | | | **COTES** | |  | |
| **Dimanche** | | **9** | | | **SL** | | **1h40 terrain vallonné** | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semaine 4** | **N° séance** | | **Type séance** | **Contenu** |
|  |  |  | |  |
|  | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Mardi** | **10** | **VMA** | **2x10 30s/30s R=3’** |
|  |  |  |  |
| **Jeudi** | **11** | **COTES** |  |
| **Dimanche** | **12** | **SL** | **1h50 terrain vallonné** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Semaine 5** | | **N° séance** | | | **Type séance** | | **Contenu** | |
|  | |  | |  | | |  | |
|  | | | | | | | | |
| **Mardi** | | **13** | | | **VMA** | | **2x5 45’’/30’’ R=3’ 100%VMA** | |
|  | |  | | |  | |  | |
| **Jeudi** | | **14** | | | **SEUIL** | | **3X1500 R=2 90%VMA** | |
| **Dimanche** | | **15** | | | **SL** | | **2h terrain vallonné** | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semaine 6** | **N° séance** | | **Type séance** | **Contenu** |
|  |  |  | |  |
|  | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Mardi** | **16** | **VMA** | **2x6 30s/30s R=3’** |
|  |  |  |  |
| **Jeudi** | **17** | **EF** | **45’ + 10 lignes droites facile** |
| **Dimanche** | **18** |  | **TRAIL** |