PREPARATION SEMI DE DRAVEIL 2018

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| **Consignes : les séances débutent par 30 min de footing en EF et finissent toujours par 10 min de footing lent et des étirements. EF- endurance fondamentale VMA- volume maximale aérobie 90% VMA**  **SL- sotie longue 70% VMA AS- allure spécifique semi-marathon 80% VMA**  **Fréquence cardiaque en début et fin de séance :**  **Nombres total de kilomètres parcourus par semaine :**  **Prise du poids à jeun en début de semaine:** |

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| **Semaine 1** | **N° séance** | **Type séance** | **Contenu** |
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| **Lundi 12 mars** | **1** | **REPOS** |  |
| **Mardi** | **2** | **VMA COTES** | **2 séries de 5 cotes de 100m R’3 par blocs** |
| **Mercredi** | **3** | **REPOS** |  |
|  |  |  |  |
| **Jeudi** | **4** | **AS** | **3x1500m R=1'30 80% VMA** |
| **Vendredi** | **5** | **REPOS** |  |
| **Samedi** | **6** | **EF** | **45mn +6x30s/30s** |
| **Dimanche** | **7** | **SL** | **1h20** |
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| **Semaine 2** | **N° séance** | | **Type séance** | **Contenu** |
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| **Lundi** | **8** | **REPOS** | |  |
| **Mardi** | **9** | **VMA COTES** | | **2 séries de 5 cotes de 150m R’3 par blocs** |
| **Mercredi** | **10** | **REPOS** | |  |
|  |  |  | |  |
| **Jeudi** | **11** | **AS** | | **4x1500m R+1’30 80% VMA** |
| **Vendredi** | **12** | **REPOS** | |  |
| **Samedi** | **13** | **EF** | | **50mn +8x30s/30s** |
| **Dimanche** | **14** | **SL** | | **1h30** |
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| **Semaine 3** | **N° séance** | | **Type séance** | **Contenu** |
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| **Lundi** | **15** | **REPOS** | |  |
| **Mardi** | **16** | **VMA COTES** | | **2 séries de 5 cotes de 200m R’3 par blocs** |
| **Mercredi** | **17** | **REPOS** | | **1** |
|  |  |  | |  |
| **Jeudi** | **18** | **AS** | | **3x2000m R= 2’’ 80% VMA** |
| **Vendredi** | **19** | **REPOS** | |  |
| **Samedi** | **20** | **EF** | | **55mn+8x30s/30s** |
| **Dimanche** | **21** | **SL** | | **1h40** |
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| **Semaine 4** | **N° séance** | | **Type séance** | **Contenu** |
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| **Lundi** | **22** | **REPOS** | | **Gainages (5 séries de 1mn/1mn)** |
| **Mardi** | **23** | **VMA COTES** | | **3 séries de 3 cotes de 220m R’3 par blocs** |
| **Mercredi** | **24** | **REPOS** | |  |
|  |  |  | |  |
| **Jeudi** | **25** | **AS** | | **3000m+2000m+1000m R=2' 80% VMA** |
| **Vendredi** | **26** | **REPOS** | |  |
| **Samedi** | **27** | **EF** | | **45mn+10x30s/30s** |
| **Dimanche** | **28** | **SL** | | **1h30** |
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| **Semaine 5** | **N° séance** | | **Type séance** | **Contenu** |
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| **Lundi** | **29** | **REPOS** | |  |
| **Mardi** | **30** | **VMA** | | **2 séries 8x36/24 R’3 par blocs** |
| **Mercredi** | **31** | **REPOS** | |  |
|  |  |  | |  |
| **Jeudi** | **32** | **AS** | | **FAIRE UN 5000m à 80%VMA** |
| **Vendredi** | **33** | **EF** | | **1h** |
| **Samedi** | **34** | **EF** | | **1h** |
| **Dimanche** | **35** | **SL** | | **2H15** |
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**TABLEAU DES ALLURES DE COURSES**

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|  |  | | | | | | | | | | |
| **10 km/h** | **11 km/h** | **12 km/h** | **13 km/h** | **14 km/h** | **15 km/h** | **16 km/h** | **17 km/h** | **18 km/h** | **19 km/h** | **20 km/h** |
| 200m | 1'12" | 1'05" | 1'00" | 0'55" | 0'51" | 0'48" | 0'45" | 0'42" | 0'40" | 0'37" | 0'36" |
| **400m** | **2'24"** | **2'10"** | **2'00"** | **1'50"** | **1'42"** | **1'36"** | **1'30"** | **1'24"** | **1'20"** | **1'15"** | **1'12"** |
| 600m | 3'36" | 3'16" | 3'00" | 2'46" | 2'34" | 2'24" | 2'15" | 2'7" | 2'00" | 1'53" | 1'48" |
| 800m | 4'48" | 4'21" | 4'00" | 3'41" | 3'25" | 3'12" | 3'00" | 2'49" | 2'40" | 2'31" | 2'24" |
| 1000 | 6'00" | 5'27" | 5'00" | 4'36" | 4'17" | 4'00" | 3'45" | 3'31" | 3'20" | 3'9" | 3'00" |
| 1500 | 9'00" | 8'10" | 7'30" | 6'55" | 6'25" | 6'00" | 5'37" | 5'17" | 5'00" | 4'44" | 4'30" |
| 2000 | 12'00" | 10'54" | 10'00" | 9'13" | 8'34" | 8'00" | 7'30" | 7'3" | 6'40" | 6'18" | 6'00" |
| 3000 | 18'00" | 16'21" | 15'00" | 13'50" | 12'51" | 12'00" | 11'15" | 10'35" | 10'00" | 9'28" | 9'00" |
| 4000 | 24'00" | 21'49" | 20'00" | 18'27" | 17'8" | 16'00" | 15'00" | 14'7" | 13'19" | 12'37" | 12'00" |
| 5000 | 30'00" | 27'16" | 25'00" | 23'4" | 21'25" | 20'00" | 18'45" | 17'38" | 16'39" | 15'47" | 15'00" |
| **10km** | **1H00'** | **54'32"** | **50'00"** | **46'9"** | **42'51"** | **40'00"** | **37'30"** | **35'17"** | **33'19"** | **31'34"** | **30'00"** |
| 12km | 1H12' | 1H05' | 1H00' | 55'23" | 51'25" | 48'00" | 45'00" | 42'21" | 40'00" | 37'53" | 36'00" |
| 15km | 1H30' | 1H21' | 1H15' | 1H09' | 1H04' | 1H00' | 56'15" | 52'56" | 50'00" | 47'22" | 45'00" |
| 16km | 1H36' | 1H27' | 1H20' | 1H13' | 1H08' | 1H04' | 1H00' | 56'28" | 53'19" | 50'31" | 48'00" |
| 17km | 1H42' | 1H32' | 1H25' | 1H18' | 1H12' | 1H08' | 1H03' | 1H00' | 56'39" | 53'41" | 51'00" |
| 18km | 1H48' | 1H38' | 1H30' | 1H23' | 1H17' | 1H12' | 1H07' | 1H03' | 1H00' | 56'50" | 54'00" |
| 19km | 1H54' | 1H43' | 1H35' | 1H27' | 1H21' | 1H16' | 1H11' | 1H07' | 1H03' | 1H00' | 57'00" |
| 20km | 2H00' | 1H49' | 1H40' | 1H32' | 1H25' | 1H20' | 1H15' | 1H10' | 1H06' | 1H03' | 1H00' |
| **semi** | **2H06'** | **1H54'** | **1H45'** | **1H36'** | **1H30'** | **1H24'** | **1H18'** | **1H14'** | **1H10'** | **1H06'** | **1H03'** |
| 22km | 2H12' | 2H00' | 1H50' | 1H41' | 1H34' | 1H28' | 1H22' | 1H17' | 1H13' | 1H09' | 1H06' |
| 25km | 2H30' | 2H16' | 2H05' | 1H55' | 1H47' | 1H40' | 1H33' | 1H28' | 1H23' | 1H18' | 1H15' |
| 30km | 3H00' | 2H43' | 2H30' | 2H18' | 2H08' | 2H00' | 1H52' | 1H45' | 1H40' | 1H34' | 1H30' |
| 40km | 4H00' | 3H38' | 3H20' | 3H04' | 2H51' | 2H40' | 2H30' | 2H21' | 2H13' | 2H06' | 2H00' |
| **42.195** | **4H13'** | **3H50'** | **3H30'** | **3H14'** | **3H00'** | **2H48'** | **2H38'** | **2H28'** | **2H20'** | **2H13'** | **2H06** |