

février 2009

dim	lun	mar	mer	jeu	ven	sam
1 90 ' jog Facile/ Easy	2 30 ' jog Facile/ Easy	3 Repos/ Rest	4 15 ' jog 15 T 15 ' jog Total: 45'	5 30 ' jog Facile/ Easy	6 Repos/ Rest	7 30 ' jog Facile/ Easy
8 75' jog Facile/ Easy	9 45' jog Facile/ Easy	10 Repos/ Rest	11 15' jog 6'-12'-6' (SMR/10k) 15' jog Total: 54 '	12 45' jog Facile/ Easy	13 Repos/ Rest	14 50' jog Facile/ Easy
15 Course Ile Bizard ou 90' jog	16 50 ' jog Facile/ Easy	17 Repos/ Rest	18 15' jog 20 ' T 15' jog Total: 50 '	19 50 ' jog Facile/ Easy	20 Repos/ Rest	21 55' jog Facile/ Easy
22 1h40 jog Facile/ Easy	23 45' jog Facile/ Easy	24 Repos/ Rest	25 15' jog 5x4' T (1' rest) 15' jog Total: 54'	26 45' jog	27 Repos/ Rest	28 60' jog Facile/ Easy

Jog (facile / easy) : 60-70% Fréquence cardiaque max. (FQM) / Max. Heart rate (HRM)
 Tempo (T) : 85% FQM / HRM (app. rythme / pace 21k)
 <FQM / HRM = 220 - âge / age>

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