

Mars / March 2010

Dim/Sun	Lun/Mon	Mar/Tue	Mer/Wed	Jeu/Thur	Ven/Fri	Sam/Sat	Total
	1 45' jog Facile / Easy	2 Repos / Rest	3 15' jog 5 x 5' T (IR: 3' jog) 15'jog [Total: 67']	4 55' jog Facile / Easy	5 Repos / Rest	6 40' jog Facile / Easy	297'
7 95' jog Facile / Easy	8 50 jog Facile / Easy	9 Repos / Rest	10 20' jog 25' T 20' jog [Total: 65']	11 60' jog Facile / Easy	12 Repos / Rest	13 45' jog Facile / Easy	315'
14 100' jog Facile / Easy	15 50' jog Facile / Easy	16 Repos / Rest	17 15' jog 10 x 2' T (IR: 2' jog) 15'jog [Total: 68']	18 55' jog Facile / Easy	19 Repos / Rest	20 30' jog Facile / Easy	303'
21 75' jog Facile / Easy	22 60' jog Facile / Easy	23 Repos / Rest	24 10' jog 5 x 7 T (IR: 4' jog) 10'jog [Total: 71']	25 50' jog Facile / Easy	26 Repos / Rest	27 60' jog Facile / Easy	316'
28 Course Populaire de Lasalle (10k) ou 90' jog	29 45' jog Facile / Easy	30 Repos / Rest	31 10' jog 4 x 7' T (IR: 4' jog) 10'jog [Total: 71']				

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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