



Février/February & Mars/March 2012



Dim/Sun	Lun/Mon	Mar/Tue	Mer/Wed	Jeu/Thu	Ven/Fri	Sam/Sat	Total
26	27	28	29	1	2	3	
80' jog Facile/ Easy	40' jog Facile/ Easy	Repos/ Rest	15' jog 20'T 15' jog Total: 50'	40' jog Facile/ Easy	Repos/ Rest	40' jog Facile/ Easy	250'
4	5	6	7	8	9	10	
90' jog Facile/ Easy	40' jog Facile/ Easy	Repos/ Rest	15' jog 5 x 4'T IR:3' jog 15' jog Total: 62'	40' jog Facile/ Easy	Repos/ Rest	40' jog Facile/ Easy	272'
11	12	13	14	15	16	17	
85' jog Facile/ Easy	30' jog Facile/ Easy	Repos/ Rest	15' jog 3'-5'-9'-5'-3'T IR: 3' jog 15' jog Total: 67'	30' jog Facile/ Easy	Repos/ Rest	35' jog Facile/ Easy	247'
18	19	20	21	22	23	24	
90' jog Facile/ Easy	32' jog Facile/ Easy	Repos/ Rest	15' jog 10 x 2'T IR: 2' jog 15' jog Total: 68'	30' jog Facile/ Easy	Repos/ Rest	40' jog Facile/ Easy	260'
25	26	27	28	29	30	31	
100' jog ou Course et marche Populaires de Lasalle 10K	35' jog Facile/ Easy	Repos/ Rest	20' jog 25'T 20' jog Total: 65'	40' jog Facile/ Easy	Repos/ Rest	40' jog Facile/ Easy	280'

Jog (facile/easy): 60-70% Fréquence cardiaque maximale (FQM)/Maximum heart rate(HRM)
 Tempo (T): 85% FQM/HRM (rythme/pace of 21K)
 (FQM/HRM = 220 - age)



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