

Semaine	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
05/10 11/10	Repos (Marathon)	Repos (Marathon)	Repos (Marathon)	Repos (Marathon)	Repos (Marathon)	Repos (Marathon)	1h30 VTT (37,2 km) 50mn Compex Recup Active Quadri+Mollets
12/10 18/10	33 mn Etirements	Repos	1h05 endurance	33mn Compex Force Lombaires	34 mn Etirements	1h00 endurance	Blessure : Pubalgie + tendinite
26/10 01/11	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	25mn Compex Musclation Quadri
26/10 01/11	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite	Blessure : Pubalgie + tendinite 25mn Compex Capitalisation Quadri	Blessure : Pubalgie + tendinite 25mn Compex Capitalisation Quadri	Blessure : douleur au bout de 45mn(pubalgie) 1h10 endurance en forêt de nuit 15mn Etirements 25mn Compex Récup Active Quadri
02/11 08/11	Repos	1h05 endurance 15mn Etirements	Repos	1h05 endurance 15mn Etirements 25mn Compex Massage Regenerant Quadri	1h00 endurance	Repos	1h40 Endurance Nature 25mn Compex Recup Active Quadri 16mn Etirements
09/11 15/11	33mn Compex Force Quadri	20mn endurance 20 x 30/30 VMA 15mn endurance	15mn Etirements 25mn Compex Massage Relaxant Quadri	25mn endurance 2 x (10mn Seuil + recup 5mn) 10mn endurance 26mn Etirements 25mn Compex Decontracturant Quadri 25mn Compex Massage Relaxant Quadri	45mn endurance 10 Lignes droite (100m/100m) 10mn endurance 16mn Etirements	Fitness test : - OwnIndex = 59 - HRmax-p = 180 Optimizer test : 2 (HR = 43, 69, 85)	1h05 Endurance Nature de nuit 16mn Etirements 33mn Compex Force Quadri 25mn Compex Massage Relaxant Quadri
16/11 22/11	45mn endurance 10 Lignes droite (100m/100m) 10mn endurance 16mn Etirements	Repos	2h50 Endurance nature Test matériel + nutrition	Repos	Malade (Rhino)	Malade (Rhino)	Malade (Rhino) Séance d'une 1h loupée 33mn Compex Force Lombaires 33mn Compex Force Quadri

23/11 29/11	Malade (Rhino) 24mn Etirements 33mn Compex Force Quadri	25mn endurance 12mn+10mn+8mn Seuil + recup 3mn 5mn endurance	Repos	Repos	50mn endurance	Repos	1h05 Endurance Nature
30/11 06/11	Repos	25mn endurance	Repos	Repos	25mn endurance	Repos	La SainteLyon