




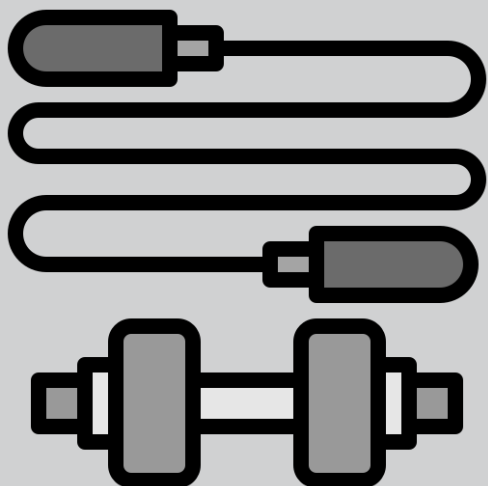








PROGRAMME VACANCES 2022












PROGRAMME VACANCES 2022

	LUNDI 11	MARDI 12	MERCREDI 13	JEUDI 14	VENDREDI 15	SAMEDI 16	DIMANCHE 17
SEMAINE 1	 20' FOOTING LIBRE OU  ACTIVITÉ SPORTIVE LIBRE	 30' FOOTING LIBRE  ABDOS / GAINAGE SÉANCE 1	 REPOS	 SÉANCE CROSSFIT	 30' CONTINUE (12KM/H) (SOIT 6KM)  ABDOS / GAINAGE SÉANCE 2	 REPOS	 REPOS











PROGRAMME VACANCES 2022

SEMAINE 2

LUNDI 18	MARDI 19	MERCREDI 20	JEUDI 21	VENDREDI 22	SAMEDI 23	DIMANCHE 24
 ACTIVITÉ SPORTIVE LIBRE	 3 X 10' (13 KM/H) (2170M) 3' RÉCUP PASSIVE  ABDOS / GAINAGE SÉANCE 1	 REPOS	 10 X 1' (250M) 1' RÉCUP ACTIVE ALLURE LEGERE	 10 X (30" - 30") (135M) RÉCUP ACTIVE ALLURE LEGERE 12 X (15" - 15") (70M) RÉCUP PASSIVE  ABDOS / GAINAGE SÉANCE 2	 REPOS	 REPOS



PROGRAMME VACANCES 2022

	LUNDI 25	MARDI 26	MERCREDI 27	JEUDI 28	VENDREDI 29	SAMEDI 30	DIMANCHE 31
SEMAINE 3	 TESTS DE PRÉ-SAISON (VMA)  REPRISE DE L'ENTRAINEMENT	 REPOS	 ENTRAINEMENT	 REPOS	 ENTRAINEMENT	 REPOS	 REPOS



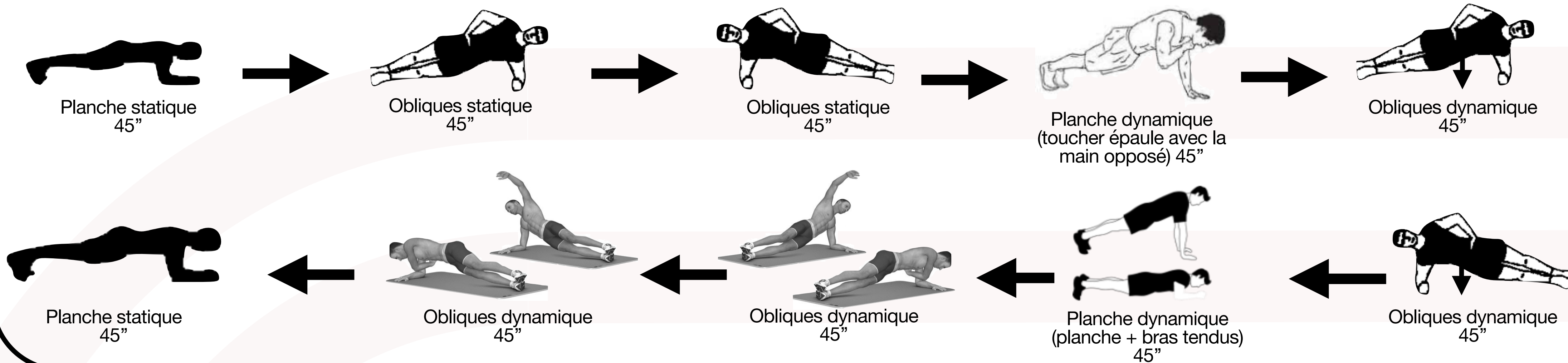
Séance Abdos/Gainage 1





Séance Abdos/Gainage 2

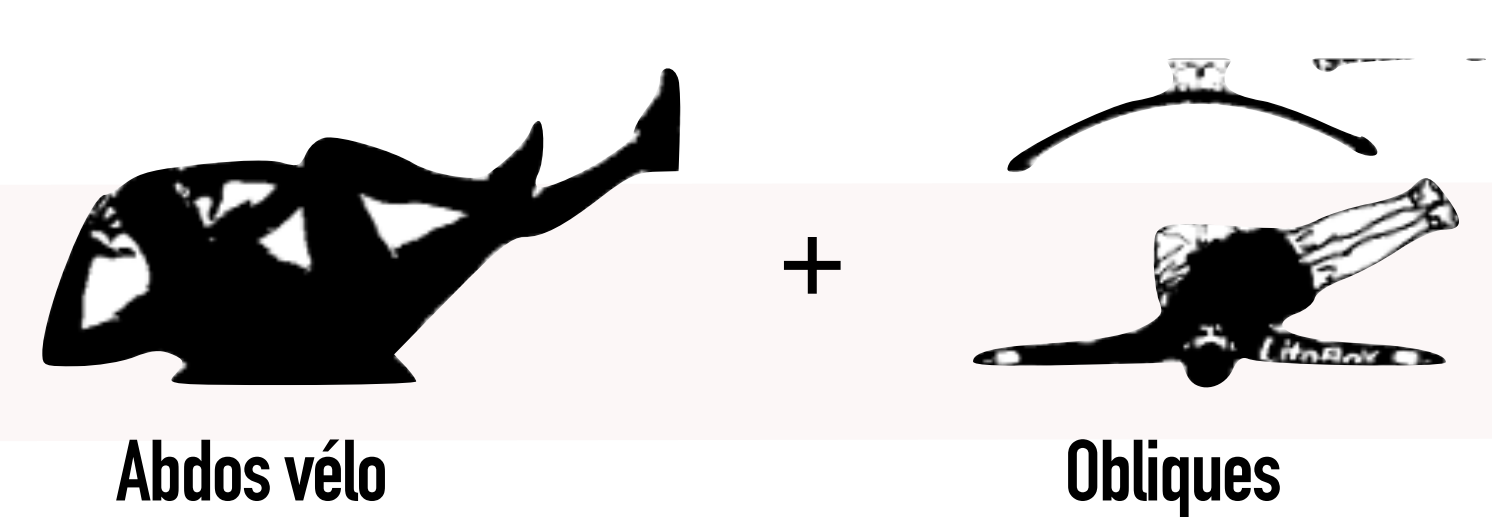
Circuit gainage 7'30



4 minutes : 20'' de travail / 10'' repos

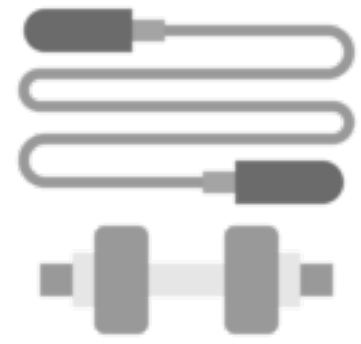


4 minutes : 20'' de travail / 10'' repos





Séance Crossfit

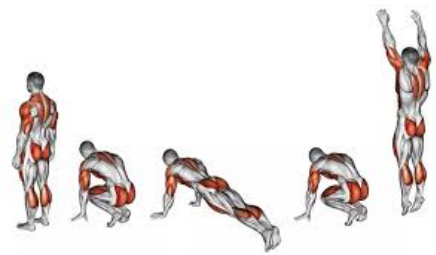


Circuit training

4 minutes sur chaque circuit :
20 sec. sur chaque exo
10" de recup entre les exos

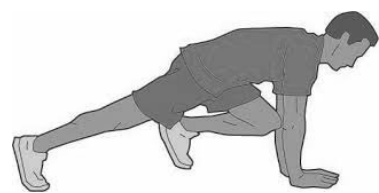
circuit 1 : 4' (4 tours)

Burpees 20"



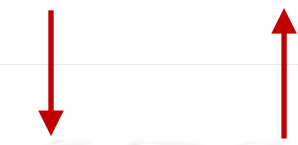
10" de recup

Mountain climbers 20"



circuit 2 : 4' (4 tours)

Fentes 20"



10" de recup

Montées sur banc 20"



circuit 3 : 4' (4 tours)

Pompes 20"



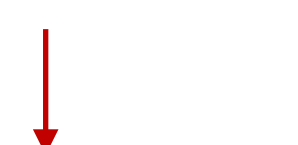
10" de recup

Tractions table 20"



circuit 4 : 4' (4 tours)

Squat 20"



10" de recup

Burpees + jump 20"

