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| **CLASSE** : SUP | **ACTIVITE** : course |
| **SEANCE 16h15-17h45**Développement VMAFractionné court | **DATE : AVRIL 2021** |

**DEROULEMENT DE LA SEANCE :**

1. Echauffement :

**Footing 20’+ 5 lignes droites**

1. Travail: Fractionné court :
* **1x (6x 30’’/30’’) à VMA + 1km/h R= 4’ (2’marché, 2’ trottiné)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| VMA | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| DIST 30’’ | 85 | 90 | 100 | 110 | 120 | 125 | 135 | 140 | 150 | 160 |

 **+ 1X (5x (1’/1’)), i = 100%VMA,**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| VMA | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| DIST1’ | 170 | 180 | 200 | 220 | 240 | 250 | 270 | 280 | 300 | 320 |

**+ 1X (4x (1’30/1’), i = 100%VMA,**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| VMA | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| DIST 1’30 | 250 | 275 | 300 | 325 | 350 | 375 | 400 | 425 | 450 | 475 |

**+ 1x (6x 30’’/30’’) à VMA + 1km/h R= 4’ (2’marché, 2’ trottiné)**

1. **Renforcement musculaire voir fiche 571 : renforcement Milieu du corps.**
2. Retour au calme : **Footing + Etirements**

**0**

**45’’**

**1’30**

**2’15**

**3’00**

**3’45**

**4’30**

**5’15**

**6’00**

**6’45**

**7’30**

**8’15**

**9’00**