|  |  |
| --- | --- |
| **CLASSE** : SUP | **ACTIVITE** : course  Fractionné court, renfo. |
| **SEANCE**  REPRISE APRES LES VACANCES  Cours en autonomie | **DATE : avril** |

**DEROULEMENT DE LA SEANCE :**

15’ échauffement + gammes

* **6’ en15’’/15’’, i = 110%, R= 3’ (2’ marché et 1’ trottiné)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| VMA | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| DIST | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 |

* **6’X30’’/30’’, i = VMA +1km/h, R = 3’ (2’ marché et 1’ trottiné)**

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

* **6X300m, i= 100%VMA, r = 1’**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **VMA** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** | **20** | **21** |
| **DIST** | **1’48** | **1’38** | **1’30** | **1’23** | **1’17** | **1’12** | **1’07** | **1’03** | **1’** | **56’’** | **54’’** | **51’’** |

* **Footing de récupération 1000m**
* **Circuit muscu :**

**6X(10 pompes + 30 abdos + 20 squats)**