

Direction L'Hautil S11 du du 13 avril au 19 avril 2026

| Séances | Séance 1 | Séance 1 | Séance 1 | Séance 2 | Séance 2 | Séance 2 | Séance 3 | | | Séance 4 | Séance 3 | | Séance 5 | Séance 4 | Séance 3 |
|--|-----------------------|----------|----------|---|----------|----------|------------|--|--|--|----------|--|----------------------------------|----------|----------|
| Objectifs | Footing souple | | | Al. Mixtes | | | Footing | | | Fartlek Tempo | | | SL | | |
| Infos 5 séances = jaune 4 séances = vert 3 séances = orange | Footing Récup 30'-40' | | | Ech 25' (footing+gammes) 2* à 3 x(150-300-600-1200m) 100-95-90-85% vma r=100m-100m-200m-300m <u>trot</u> *Gp1 et Gp2 + ra - Trail et Semi ech + 6 à 8 LD (20"/50") (à adapter suivant fatigue du week) | | | Footing EF | | | Footing 24' + acc.2'/6'/12'/6'/2' R=2' trot Tempo Soutenu (entre 80-85% vma) Tempo Léger (entre 75-80% vma) + Ra 6' | | | Footing Long EF 1h05' à 1h15' | | |
| Volume séance | 00:35:00 | | | 01:10:00 | | | 00:50:00 | | | 01:05:00 | | | 01:15:00 | | |
| Volume semaine | 04:55:00 | | | | | | | | | | | | | | |

- Les Groupes – Vma**
- > Gpe 1 – Vma 11-13km/h
 - > Gpe 2 – Vma 14-15km/h
 - > Gpe 3 – Vma 16-17km/h
 - > Gpe 4 – Vma 18-20 km/h

S11 du 20 avril au 26 avril 2026 (vacances scolaires)

| Séances | Séance 1 | Séance 1 | Séance 1 | Séance 2 | Séance 2 | Séance 2 | Séance 3 | | | Séance 4 | Séance 3 | | Séance 5 | Séance 4 | Séance 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------|----------|----------|--|----------|----------|------------|--|--|---|----------|--|--|----------|----------|----------|------|----------|------|----|----------|----|----------|----|----------|----|----------|----|----------|----|----------|----|----------|----|----------|----|----------|----|----------|----|----------|--|--|----------------------------------|--|--|
| Objectifs | Footing/RM | | | Côtes/Escaliers-10km (Boves/Seine) | | | Footing | | | Tempo Progressif | | | SL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Infos 5 séances = jaune 4 séances = vert 3 séances = orange | Footing 40' + RM | | | Ech 25' (footing+gammes) 4-6x 110m */ 140m côte/esc. vite r=d R=2'30" trot 2x 600m plat al.10km r=1'30" trot 4-6x 110m */ 140m côte/esc. vite r=d R=2'30" trot 2x 600m plat al.10km r=1'30" trot + RA *Gp1 et 2 = 110m / Gp 3 et 4 = 140m | | | Footing EF | | | Footing 30' + 22' progressif soit -5"/km en partant de 80% vma+ ra 8' (exemple) | | | <table border="1"> <thead> <tr> <th>vma 19,5</th> <th>1000</th> <th>vma 13,5</th> <th>1000</th> </tr> </thead> <tbody> <tr><td>80</td><td>03:50,79</td><td>80</td><td>05:33,36</td></tr> <tr><td>82</td><td>03:45,16</td><td>81</td><td>05:29,24</td></tr> <tr><td>84</td><td>03:39,80</td><td>82</td><td>05:25,23</td></tr> <tr><td>86</td><td>03:34,69</td><td>83</td><td>05:21,31</td></tr> <tr><td>88</td><td>03:29,81</td><td>84</td><td>05:17,49</td></tr> <tr><td>90</td><td>03:25,14</td><td></td><td></td></tr> </tbody> </table> | | | vma 19,5 | 1000 | vma 13,5 | 1000 | 80 | 03:50,79 | 80 | 05:33,36 | 82 | 03:45,16 | 81 | 05:29,24 | 84 | 03:39,80 | 82 | 05:25,23 | 86 | 03:34,69 | 83 | 05:21,31 | 88 | 03:29,81 | 84 | 05:17,49 | 90 | 03:25,14 | | | Footing Long EF 1h10' à 1h20' | | |
| vma 19,5 | 1000 | vma 13,5 | 1000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 80 | 03:50,79 | 80 | 05:33,36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 82 | 03:45,16 | 81 | 05:29,24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 84 | 03:39,80 | 82 | 05:25,23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 86 | 03:34,69 | 83 | 05:21,31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 88 | 03:29,81 | 84 | 05:17,49 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90 | 03:25,14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Volume séance | 00:40:00 | | | 01:05:00 | | | 00:45:00 | | | 01:00:00 | | | 01:20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Volume semaine | 04:50:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

- 5 séances
- 4 séances
- 3 séances

- Les Groupes – Vma**
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