

# Programme d'entraînement pour courir 10 KM

		Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi i
<b>13</b>	26 fév.	4X (1'C+1'M) 15 min. continu 4X (1'C+1'M)		Repos	3X (2'C+1'M) 5 min. continu 3X (2'C+1'M)	4X (1'C+1'M) 15 min. continu 4X (1'C+1'M)	Repos	Repos
<b>12</b>	5 mars	5X (1'C+1'M) 15 min. continu 5X (1'C+1'M)		Repos	4X (2'C+1'M) 5 min. continu 4X (2'C+1'M)	5X (1'C+1'M) 15 min. continu 5X (1'C+1'M)	Repos	Repos
<b>11</b>	12 mars	5X (1'C+1'M) 15 min. continu 5X (1'C+1'M)		Repos	4X (2'C+1'M) 5 min. continu 4X (2'C+1'M)	5X (1'C+1'M) 15 min. continu 5X (1'C+1'M)	Repos	Repos
<b>10</b>	19 mars	5X (1'C+1'M) 20 min. continu 5X (1'C+1'M)	5X (4'C+1'M)	Repos	2X (3'C+1'M) 10 min. continu 2X (3'C+1'M)	5X (1'C+1'M) 20 min. continu 5X (1'C+1'M)	Repos	Repos
<b>9</b>	26 mars	5X (1'C+1'M) 20 min. continu 5X (1'C+1'M)		Repos	2X (3'C+1'M) 10 min. continu 2X (3'C+1'M)	5X (1'C+1'M) 20 min. continu 5X (1'C+1'M)	Repos	Repos
<b>8</b>	2 avril	5X (1'C+1'M) 25 min. continu 5X (1'C+1'M)	5X (5'C+1'M)	Repos	2X (3'C+1'M) 10 min. continu 2X (3'C+1'M)	5X (1'C+1'M) 25min. continu 5X (1'C+1'M)	Repos	Repos
<b>7</b>	9 avril	5X (1'C+1'M) 25 min. continu 5X (1'C+1'M)		Repos	2X (4'C+1'M) 15 min. continu 2X (4'C+1'M)	5X (1'C+1'M) 25 min. continu 5X (1'C+1'M)	Repos	Repos
<b>6</b>	16 avril	5X (1'C+1'M) 30 min. continu 5X (1'C+1'M)	5X (6'C+1'M)	Repos	2X (4'C+1'M) 15 min. continu 2X (4'C+1'M)	5X (1'C+1'M) 30 min. continu 5X (1'C+1'M)	Repos	Repos
<b>5</b>	23 avril	5X (1'C+1'M) 30 min. continu 5X (1'C+1'M)		Repos	2X (4'C+1'M) 15 min. continu 2X (4'C+1'M)	5X (1'C+1'M) 30 min. continu 5X (1'C+1'M)	Repos	Repos

<b>4</b>	<b>30 avril</b>	5X (1'C+1'M) 35 min. continu 5X (1'C+1'M)	5X (7'C+1'M)	<b>Repos</b>	2X (5'C+1'M) 20 min. continu 2X (5'C+1'M)	5X (1'C+1'M) 35 min. continu 5X (1'C+1'M)	<b>Repos</b>	<b>Repos</b>
<b>3</b>	<b>7 mai</b>	5X (1'C+1'M) 35 min. continu 5X (1'C+1'M)		<b>Repos</b>	5 km	5X (1'C+1'M) 35 min. continu 5X (1'C+1'M)	<b>Repos</b>	<b>Repos</b>
<b>2</b>	<b>14 mai</b>	5X (1'C+1'M) 40 min. continu 5X (1'C+1'M)	5X (8'C+1'M)	<b>Repos</b>	2X (6'C+1'M) 25 min. continu 2X (6'C+1'M)	5X (1'C +1'M) 40 min. continu 5X (1'C+1'M)	<b>Repos</b>	<b>Repos</b>
<b>1</b>	<b>21 mai</b>	5X (1'C+1'M) 40 min. continu 5X (1'C+1'M)		<b>Repos</b>	1X (8'C +1'M) 25 min. continu 1X (8'C+1'M)	5X (1'C+1'M) 40 min. continu 5X (1'C+1'M)	<b>Repos</b>	<b>Repos</b>
<b>28 Mai</b>								