**PREPARATION CROSS du LARVOTTO le 10 NOVEMBRE 2013**

**DISTANCES HOMME: 6300 m - DAME : 4700m**

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| SEMAINE | TYPESEANCE | NATURE | %VMA | PAUSEACTIVE | EN PLUS |
| 7.10 au 13.10 | FOOTING | 50'  | 70 % VMA |  | +10' trot 5' étir. |
|  | AS | 1000mx 4 | 200m à 95 %800m à 85 % | 3 x 1'30'' | +Echauf. 20'10' trot +5' étir. |
|  | VMAC | 10x300m | De 95 à100 % VMA en progression | 9 x 40'' | +Echauf. 20'10' trot +5' étir. |
| 14.10 au 20.10 | FOOTING | 55'  | 70 % VMA |  | +10' trot 5' étir. |
|  | AS | 2x2000m | 400m à 93%1800m à 87% | 1 x 2' | +Echauf. 20'10' trot +5' étir. |
|  | AS | 5 x 800m | 90 % VMA | 4 x 1'15'' | +Echauf. 20'10' trot +5' étir. |
| 21.10 au 27.10 | FOOTING | 60'  | 70 % VMA |  | +10' trot 5' étir. |
|  | AS  | 1000mx 5 | 200m à 95 %800m à 87% | 4 x 1'30'' | +Echauf. 20'10' trot +5' étir. |
|  | VMAL | 8x400m | 95 % VMA | 7 x45'' | +Echauf. 20'10' trot +5' étir. |
| 28.10 au 3.11.13 | FOOTING | 50' | 70 % VMA |  | +10' trot 5' étir. |
|  | AS | 1000m x 4 | 200m à 95 %800m à 88 % | 3 x 1'30'' | +Echauf. 20'10' trot +5' étir. |
|  | AS | 5 x 800m | 90 % VMA | 4 x 1'15'' | +Echauf. 20'10' trot +5' étir. |
| 4.11 au 10.11 | FOOTING | 50' | 70 % VMA |  | +10' trot 5' étir. |
|  | VMAC | 8x200m | 100 % | 7 x 30' | +Echauf. 20'10' trot +5' étir. |
|  | FOOTING | 45' | 65% |  | +5' trot 3' étir. |
|  | La VEILLE | 30' ( 5 x100m) | LD à 95% | 4 x15'' | +5' trot 3' étir. |
| 10.11.2013 | **CROSS** | **LARVOTTO** | **HOMMES 9H30** | **FEMMES****10H15** | 6300m ou 4700m |
| RECUPERATION | 2 JOURS | AUCUNE SEANCE | QUALITE | 2 JOURS | APRES COMPETITION |