



## Programme d'entraînement pour courir le 5 km

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
<b>7</b>	<b>4X</b> (1'C+1'M)	Repos	<b>2X (1'C+1'M)</b> <b>3 min. continu</b> <b>2X (1'C+1'M)</b>	<b>5X</b> (1'C+1'M)	Repos	Repos	<b>2X (1'C+1'M)</b> <b>2 min. continu</b> <b>2X (1'C+1'M)</b>
<b>6</b>	<b>3X</b> (2'C+1'M)	Repos	<b>3X (1'C+1'M)</b> <b>5 min. continu</b> <b>3X (1'C+1'M)</b>	<b>4X</b> (2'C+1'M)	Repos	Repos	<b>3X (1'C+1'M)</b> <b>4 min. continu</b> <b>3X (1'C+1'M)</b>
<b>5</b>	<b>5X</b> (2'C+1'M)	Repos	<b>2X (2'C+1'M)</b> <b>7 min. continu</b> <b>2X (1'C+2'M)</b>	<b>6X</b> (2'C+1'M)	Repos	Repos	<b>2X (2'C+1'M)</b> <b>6 min. continu</b> <b>2X (1'C+2'M)</b>
<b>4</b>	<b>3X</b> (3'C+1'M)	Repos	<b>3X (2'C+1'M)</b> <b>9 min. continu</b> <b>3X (1'C+2'M)</b>	<b>4X</b> (3'C+1'M)	Repos	Repos	<b>3X (2'C+1'M)</b> <b>8 min. continu</b> <b>3X (1'C+2'M)</b>
<b>3</b>	<b>5X</b> (3'C+1'M)	Repos	<b>2X (3'C+1'M)</b> <b>12 min. continu</b> <b>2X (1'C+3'M)</b>	<b>6X</b> (3'C+1'M)	Repos	Repos	<b>2X (3'C+1'M)</b> <b>10 min. continu</b> <b>2X (1'C+3'M)</b>
<b>2</b>	<b>4X</b> (4'C+1'M)	Repos	<b>3X (3'C+1'M)</b> <b>15 min. continu</b> <b>3X (1'C+3'M)</b>	<b>5X</b> (4'C+1'M)	Repos	Repos	<b>3X (3'C+1'M)</b> <b>14 min. continu</b> <b>3X (1'C+3'M)</b>
<b>1</b>	<b>6X</b> (4'C+1'M)	Repos	<b>20 min. continu</b>	<b>6X</b> (4'C+1'M)	Repos	Repos	<b>20 min. continu</b>
<b>24 mai : Course du Tournesol</b>							

### Informations :

- C = Course
- M = Marche
- 3X (1'C+1'M) = 1 minute de course + 1 minute de marche  
\* Répétez 3 fois

**Bonne préparation!**