



## Programme d'entraînement pour courir le 10 km

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
<b>13</b>	Repos	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	4X (1'C+1'M) 15 min. continu 4X (1'C+1'M)
<b>12</b>	Repos	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	5X (1'C+1'M) 15 min. continu 5X (1'C+1'M)
<b>11</b>	Repos	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	5X (1'C+1'M) 15 min. continu 5X (1'C+1'M)
<b>10</b>	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	5X (1'C+1'M) 20 min. continu 5X (1'C+1'M)
<b>9</b>	Repos	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	5X (1'C+1'M) 20 min. continu 5X (1'C+1'M)
<b>8</b>	5X (5'C+1'M)	Repos	2X (3'C+1'M) 10 min. continu 2X (3'C+1'M)	5X (1'C+1'M) 25 min. continu 5X (1'C+1'M)	Repos	Repos	5X (1'C+1'M) 25 min. continu 5X (1'C+1'M)
<b>7</b>	Repos	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	5X (1'C+1'M) 25 min. continu 5X (1'C+1'M)
<b>6</b>	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	5X (1'C+1'M) 30 min. continu 5X (1'C+1'M)
<b>5</b>	Repos	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	5X (1'C+1'M) 30 min. continu 5X (1'C+1'M)
<b>4</b>	5X (7'C+1'M)	Repos	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)	Repos	Repos	5X (1'C+1'M) 35 min. continu 5X (1'C+1'M)
<b>3</b>	Repos	Repos	5 km	5X (1'C+1'M) 35 min. continu 5X (1'C+1'M)	Repos	Repos	5X (1'C+1'M) 35 min. continu 5X (1'C+1'M)
<b>2</b>	5X (8'C+1'M)	Repos	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)	Repos	Repos	5X (1'C+1'M) 40 min. continu 5X (1'C+1'M)
<b>1</b>	Repos	Repos	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)	Repos	Repos	5X (1'C+1'M) 40 min. continu 5X (1'C+1'M)
<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!**