

Sem 10

Mardi 3/03 4n /renf

6 x 100 4 n (2 inv/2 pull/2 nc)  
300 batt 50 souple/50 rapide  
400 50 ratt 2 tps/50 normal  
8 x 100 nc ampl & reg R 20''  
800 plaq pull  
400 pull 3,5,7  
(3300)

Jeudi 5 vma

4 x (800 /400/200 R de course) R 1' 30

Vend 6 4 n /tech

6 x 100 4n (1pull/1 jbs/1 nc)  
2 x 100 1 bras/50 -100 nc-100 ratt – 100 nc  
400 25 polo /25 poings fermés  
5 x 200 nc prog 1à 5 R 1'  
500 pull rma  
(3300)

SEM 11

Mardi 10 renf/aéro

400 pull chevilles rma  
200 jbs bras oppo  
400 1bras/50  
15 x 100 plaq pull R 30''  
10 x 50 nc 1sprint/1souple R 30''  
400 pull ampl  
(3400)

Jeudi 12 vma

5 x 300 R 1' / 5 x 400 R 1' 15 / 5 x 500 R 1'30

Vend 13 aéro/renf

600 50 pull/50 batt  
10 x 100 pull très rapide R 30''  
3 x 400 plaq pull R 45'' prog 1à 3  
600 pull 3,5,7(9)  
(3400)