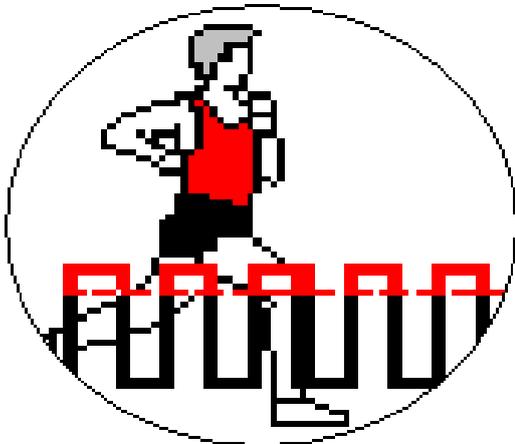




FRANCE JUNIOR  
JUIN JUILLET 2009

VENDREDI



Séance VMA : accélération sur la longueur du terrain et footing sur la largeur.

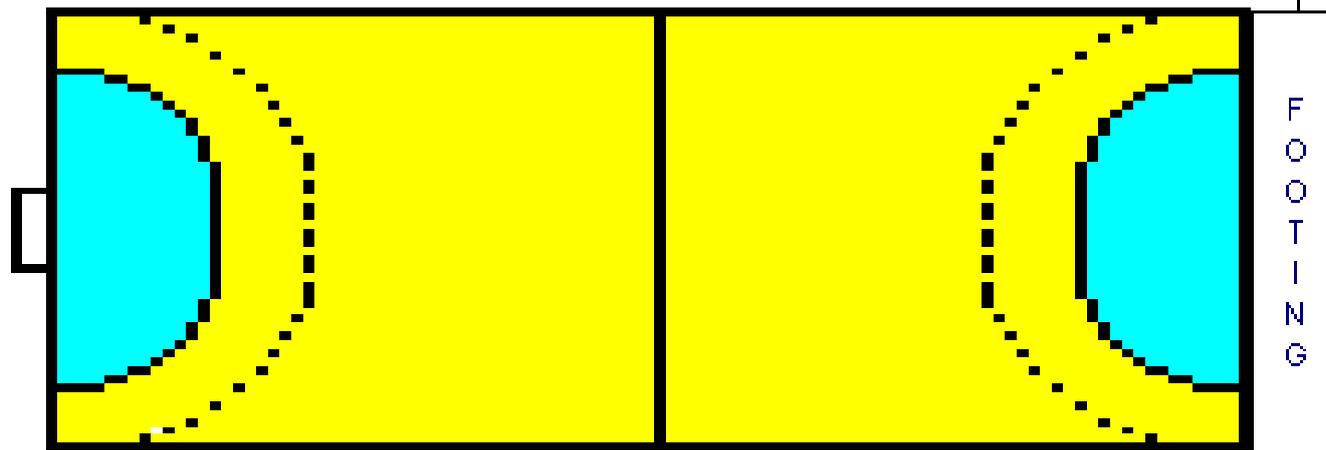
SEM 1 : 3 x 5 tours R = 3min

SEM 2 : 3 x 6 tours R = 3min

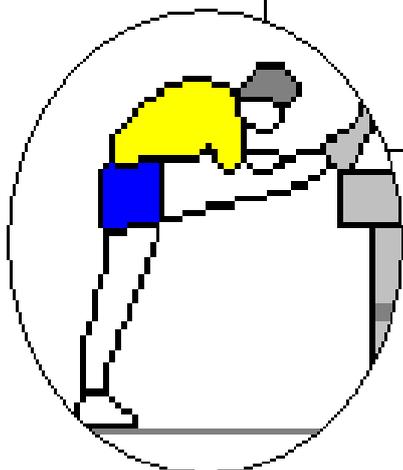
SEM 3 : 4 x 5 tours R = 3min

SEM 4 : 4 x 6 tours R = 3min

SEM 5 : 3 x 7 tours R = 3min



accélération



Etirements 15min