

**PLAN ENTRAINEMENT GROUPE 2
OCTOBRE*
2020**

LUNDI		5		12		19		26
		PPG		PPG		PPG		PPG
MARDI		6		13		20		27
		MVA-C 3*1/1 (3 Séries)		COTES COLLINE		VMA-L 1'30-2'-1'30 (3 Séries)		VMA-L 1'-1'30-2' (4 Séries)
MERCREDI		7		14		21		28
JEUDI	1	8		15		22		29
	MVA-C 4*1/1 (2 Séries)	COTES COLLINE		MVA-L 1'30-2'-1'30 (3 Séries)		COTES COLLINE		MVA-C 4*1/1 (3 Séries)
VENDREDI	2	9		16		23		30
SAMEDI	3	10		17		24		31
DIMANCHE	4	11		18		25		01-nov
	FOOTING SOLO 01H00	FOOTING SOLO 01H10		COURSE CABRIES/MOURIES		FOOTING SOLO 01H15		COURSE ST MARTIN 4.5/10 km

* TEST V.M.A dans le mois