

# PREPARATION MARATHON ( 5 séances par semaines)

ALLURE SEANCES	
1	Allure record 3000
2	Allure record 10km
3	Allure record semi
Récupération trot lent	

SEMAINE 1		SEMAINE 5		SEMAINE 9	
	65' souple		65' a 70' souple		75' souple
	repos	2	30' echauffement - ppgx3 - 5 a 6 x 3' r 2' - 12' recup	3	30' echauffement - ppgx3 - 3 x 10' r 3' - 12' recup
1	30' echauffement - ppgx3 - 12 x 30"v 30"l ...12' recup				
	70' souple		60' souple 10x100		repos
3	30' echauffement - ppgx3 - 2 x 10' r 3' ...10' recup		repos		repos
	90' souple		repos		2H00
			COMPETITION 10 KM		repos
SEMAINE 2		SEMAINE 6		SEMAINE 10	
	65' souple		65' a 70' souple		60' souple
	repos	1	30' echauffement - ppgx3 - 8 x 1'30" r 1' ..12' recup		REPOS
1	30' echauffement - ppgx3- 12x45"v45"L- 12' recup				repos
	75' souple		2H00		REPOS
3	30' echauffement- 3x100 - 2x10' r 3' - 12' recup		45' souple 10x100		REPOS
	1H40'	3	20' echauffement - ppgx3- 3 x 12' r 3' - 12' recup		MARATHON
SEMAINE 3		SEMAINE 7			
	70' souple		75' souple		
	repos	1	30' echauffement - ppgx3 - 15x30"v30"L - 12' recup		
1	30' echauffement - ppgx3 - 10 X 1' r 1' - 12' recup				90' souple
	80' souple		45' souple 10x100		
3	30' echauffement souple ...3 x10' r 3' .....12' recup		repos		
	1H45'		repos		
			SEMI MARATHON		
SEMAINE 4		SEMAINE 8			
	75' souple		50 a 60' souple		
2	30' echauffement - ppgx3 - 8 x 2' r 1' - 12' recup		repos		
	90' souple		repos		
3	30' echauffement - ppg x 3- 3 x 12' r 3' - 12' recup	2	30' echauffement - ppgx3 - 6x4' r 2' - 12' recup		
	1H 50'			2H10	