10 KILOMETERS ADVANCED LEVEL MONTH 1

DÉFI ENTREPRISES

PRÉSENTÉ PAR beneva

UNE COLLABORATION DE rouge FM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	5' slow running / 20' running / 5' slow running	REST	5' slow running / 20' running / 5' slow running	REST	5' slow running / 20' running / 5' slow running	5' slow running / 25' running / 5' slow running	REST
WEEK 2	5' slow running / 20' running / 5' slow running	REST	5' slow running / 4X (1'fast running / 1' slow running) / 5' slow running	REST	5' slow running / 20' running / 5' slow running	5' slow running / 30' running / 5' slow running	REST
WEEK 3	5' slow running / 20' running / 5' slow running	REST	5' slow running / 5X (1'fast running / 1' slow running) / 5' slow running	REST	5' slow running / 20' running / 5' slow running	5' slow running / 35' running / 5' slow running	REST
WEEK 4	5' slow running / 20' running / 5' slow running	REST	5' slow running / 6X (1'fast running / 1' slow running) / 5' slow running	REST	5' slow running / 20' running / 5' slow running	5' slow running / 25' running / 5' slow running	REST

6 x (1' fast running/1' slow run = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY
- warm up
- main session
- cool down

10 KILOMETERS ADVANCED LEVEL MONTH 2

DÉFI ENTREPRISES

PRÉSENTÉ PAR **beneva** | UNE COLLABORATION DE **rougeFM**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	5' slow running 20' running 5' slow running	REST	5' slow running 4X (2'fast running / 2' slow running) 5' slow running	REST	5' slow running 20' running 5' slow running	5' slow running 35' running 5' slow running	REST
WEEK 2	5' slow running 20' running 5' slow running	REST	5' slow running 5X (2'fast running / 2' slow running) 5' slow running	REST	5' slow running 20' running 5' slow running	5' slow running 40' running 5' slow running	REST
WEEK 3	5' slow running 20' running 5' slow running	REST	5' slow running 6X (2'fast running / 2' slow running) 5' slow running	REST	5' slow running 20' running 5' slow running	5' slow running 45' running 5' slow running	REST
WEEK 4	5' slow running 20' running 5' slow running	REST	5' slow running 4X (2'fast running / 2' slow running) 5' slow running	REST	5' slow running 20' running 5' slow running	5' slow running 30' running 5' slow running	REST

6 x (1' fast running/1' slow run = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY
- warm up
- main session
- cool down

10 KILOMETERS ADVANCED LEVEL MONTH 3

DÉFI ENTREPRISES — PRÉSENTÉ PAR **beneva** — UNE COLLABORATION DE **rouge FM**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	5' slow running / 20' running / 5' slow running	REST	5' slow running / 4X (3' fast running / 2' slow running) / 5' slow running	REST	5' slow running / 20' running / 5' slow running	5' slow running / 45' running / 5' slow running	REST
WEEK 2	5' slow running / 20' running / 5' slow running	REST	5' slow running / 5X (3' fast running / 2' slow running) / 5' slow running	REST	5' slow running / 20' running / 5' slow running	5' slow running / 50' running / 5' slow running	REST
WEEK 3	5' slow running / 20' running / 5' slow running	REST	5' slow running / 6X (3' fast running / 2' slow running) / 5' slow running	REST	5' slow running / 20' running / 5' slow running	5' slow running / 55' running / 5' slow running	REST
WEEK 4	5' slow running / 20' running / 5' slow running	REST	5' slow running / 3X (3' fast running / 2' slow running) / 5' slow running	REST	REST	5' slow running / 10' running / 5' slow running	DÉFI ENTREPRISES

6 x (1' fast running/1' slow run = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY
- warm up
- main session
- cool down