

10 KILOMETERS RACE MONTH 1

DÉFI
ENTREPRISES

PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge^{FM}

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



3X (1' run / 1' walk)
6X (1' fast running / 1' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
30' running
5' slow run



REST

WEEK 2



3X (1' run / 1' walk)
7X (1' fast running / 1' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
33' running
Strengthening



REST

WEEK 3



3X (1' run / 1' walk)
8X (1' fast running / 1' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
36' running
Strengthening



REST

WEEK 4



3X (1' run / 1' walk)
9X (1' fast running / 1' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
30' running
Strengthening



REST

$6 \times (1' \text{ fast running} / 1' \text{ slow run}) = 6 \text{ times the next block: 1 minute of fast running alternated with 1 minute of slow running}$

KEY

warm up
main session
cool down

10 KILOMETERS RACE MONTH 2

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beneva

UNE COLLABORATION DE

rouge^{FM}

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



3X (1' run / 1' walk)
4X (2' fast running / 2' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
36' running
Strengthening



REST

WEEK 2



3X (1' run / 1' walk)
4X (2' fast running / 2' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
40' running
Strengthening



REST

WEEK 3



3X (1' run / 1' walk)
5X (2' fast running / 2' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
45' running
Strengthening



REST

WEEK 4



3X (1' run / 1' walk)
5X (2' fast running / 2' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
50' running
Strengthening



REST

$6 \times (1' \text{ fast running} / 1' \text{ slow run}) = 6$ 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 RACE MONTH 3

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UNE COLLABORATION DE

rouge^{FM}

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



3X (1' run / 1' walk)
3X (3' fast running / 2' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
25' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
55' running
Strengthening



REST

WEEK 2



3X (1' run / 1' walk)
3X (4' fast running / 2' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
25' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
60' running
Strengthening



REST

WEEK 3



3X (1' run / 1' walk)
3X (5' fast running / 2' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
25' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



3X (1' run / 1' walk)
45' running
Strengthening



REST

WEEK 4



3X (1' run / 1' walk)
4X (1' fast running / 1' slow run)
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



3X (1' run / 1' walk)
20' running
3X (1' run / 1' walk)



REST



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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