

10 KILOMETERS WALK MONTH 1



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



walk 5'

5X (1' hill walking / 1' slow running)

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



walk 10'

30' of fast walking

walk 5'



REST

WEEK 2



walk 5'

6X (1' hill walking / 1' slow running)

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



walk 15'

30' of fast walking

walk 5'



REST

WEEK 3



walk 5'

7X (1' hill walking / 1' slow running)

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



walk 15'

35' of fast walking

walk 5'



REST

WEEK 4



walk 5'

8X (1' hill walking / 1' slow running)

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



walk 15'

35' of fast walking

walk 5'



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 WALK MONTH 2



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



walk 5'

3X (2'hill walking / 2'slow running)

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



walk 10'

40' of fast walking

walk 5'



REST

WEEK 2



walk 5'

4X (2'hill walking / 2'slow running)

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



walk 15'

45' of fast walking

walk 5'



REST

WEEK 3



walk 5'

5X (2'hill walking / 2'slow running)

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



REST



walk 5'

15' of fast walking

walk 5'



walk 15'

50' of fast walking

walk 5'



REST

WEEK 4



walk 5'

6X (2'hill walking / 2'slow running)

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



walk 15'

50' of fast walking

walk 5'



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 WALK MONTH 3



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



walk 5'

3X (3'hill walking / 3'slow running)

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



walk 20'

50' of fast walking

walk 10'



REST

WEEK 2



walk 5'

4X (3'hill walking / 3'slow running)

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



walk 20'

50' of fast walking

walk 10'



REST

WEEK 3



walk 5'

5X (3'hill walking / 3'slow running)

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



walk 20'

60' of fast walking

walk 20'



REST

WEEK 4



walk 5'

3X (2'hill walking / 2'slow running)

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



REST



walk 5'

10' of fast walking

walk 5'



REST



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