

# 5 KILOMETERS ADVANCED LEVEL MONTH 1



PRÉSENTÉ PAR

**beneva**

UNE COLLABORATION DE

**rouge FM**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



5' slow run  
20' running  
5' slow run



REST



5' slow run  
20' running  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
15' running  
5' slow run



REST

WEEK 2



5' slow run  
20' running  
5' slow run



REST



5' slow run  
4X (1' fast running/ 1' slow run)  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
20' running  
5' slow run



REST

WEEK 3



5' slow run  
20' running  
5' slow run



REST



5' slow run  
5X (1' fast running/ 1' slow run)  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
25' running  
5' slow run



REST

WEEK 4



5' slow run  
20' running  
5' slow run



REST



5' slow run  
6X (1' fast running/ 1' slow run)  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
15' running  
5' slow run



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

# 5 KILOMETERS ADVANCED LEVEL MONTH 2



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



5' slow run  
20' running  
5' slow run



REST



5' slow run  
4X (2' fast running/ 2' slow run)  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
20' running  
5' slow run



REST

WEEK 2



5' slow run  
20' running  
5' slow run



REST



5' slow run  
5X (2' fast running/ 2' slow run)  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
25' running  
5' slow run



REST

WEEK 3



5' slow run  
20' running  
5' slow run



REST



5' slow run  
6X (2' fast running/ 2' slow run)  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
30' running  
5' slow run



REST

WEEK 4



5' slow run  
20' running  
5' slow run



REST



5' slow run  
4X (2' fast running/ 2' slow run)  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
20' running  
5' slow run



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

# 5 KILOMETERS ADVANCED LEVEL MONTH 3



PRÉSENTÉ PAR

**beneva**

UNE COLLABORATION DE

**rouge FM**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



5' slow run  
20' running  
5' slow run



REST



5' slow run  
**4X (3' fast running/ 2' slow run)**  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
20' running  
5' slow run



REST

WEEK 2



5' slow run  
20' running  
5' slow run



REST



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



REST



5' slow run  
20' running  
5' slow run



5' slow run  
25' running  
5' slow run



REST

WEEK 3



5' slow run  
20' running  
5' slow run



REST



5' slow run  
**6X (3' fast running/ 2' slow run)**  
5' slow run



REST



5' slow run  
20' running  
5' slow run



5' slow run  
30' running  
5' slow run



REST

WEEK 4



5' slow run  
20' running  
5' slow run



REST



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



REST



REST



5' slow run  
10' running  
5' slow run



**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