



UNE COLLABORATION DE rouge<sup>FM</sup>







TUESDAY

**REST** 





FRIDAY

SATURDAY

SUNDAY





20' running 5' slow run



REST



20' running





5' slow run 15' running



5' slow run

20' running



**REST** 

WEEK

WEEK









**REST** 



5' slow run

20' running 5' slow run



**REST** 

WEEK

WEEK

















5' slow run

20' running

5' slow run



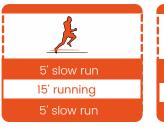


















UNE COLLABORATION DE rouge<sup>FM</sup>

**REST** 



**REST** 

20' running

5' slow run

**REST** 

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

5' slow run

20' running

5' slow run

20' running

5' slow run





UNE COLLABORATION DE rouge<sup>FM</sup>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

WEEK



5' slow run



**REST** 



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



**REST** 



5' slow run

20' running

5' slow run



5' slow run

25' running



**REST** 

WEEK

WEEK



5' slow run 20' running 5' slow run



**REST** 



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** 













